

A Publication of the Prices and Consumer Affairs Division

CONSUMER IMPACT

Vol. 9 No. 2

August 2021



Informed consumers make better choices!

CONSUMER IMPACT

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Minister's Minister

The Prices and Consumer Affairs Division within the Ministry of Foreign Affairs, Immigration and Trade, continues to work to educate and protect consumers and keep the marketplace safe from unfair trading practices in relation to goods and services.

The information contained in this edition focuses greatly on consumer safety. The COVID-19 pandemic has upended the global consumer landscape. According to the Organization for Economic Co-operation and Development (OECD), there are increasing reports of unfair, misleading and fraudulent commercial practices. These include financial scams, price gouging of essential goods and the promotion of unsafe or counterfeit products.

Increased co-operation among government agencies, the business community, and civil society are key to protecting consumers. Information sharing has become more valuable than ever, and the Division welcomes continued feedback and dialogue from stakeholders as we seek to promote and protect the general interests of consumers, whether such interests are economic, health, safety or otherwise.

As the minister responsible for protecting and safeguarding consumer rights in Antigua and Barbuda, I encourage the staff to continue to cultivate a culture of quality service and excellence in serving the people of our twin island nation.

As the Division prepares for the new school year, it looks forward to partnering with even more schools as it seeks to educate our nation's youth. Come September, the Division will continue its Big C Club in primary schools via a digital platform. The club aims to bring consumer awareness to students at an early age.

The officers within the Division will continue to enforce the Distribution and Price Of Goods Act (CAP 138), in terms of ensuring the basic and essential goods named under the Act are marked with their selling prices, and the wholesale and retail prices are not in excess of the maximum selling price.

As our students return to the classroom, we remind everyone to adhere to the COVID-19 guidelines established by the Ministry of Health and of their personal responsibility to protect themselves and others by taking the COVID-19 vaccine.

I pray for God's protection over our students. May they have a safe and productive year.

Hon. E. P. Chet Greene
Minister of Foreign Affairs, Immigration and Trade



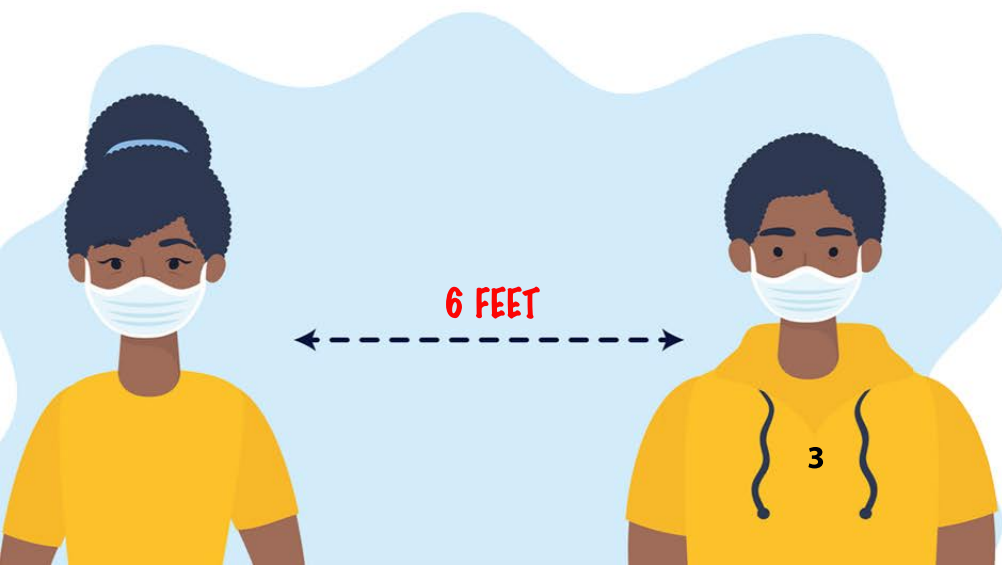
Back to SCHOOL Safety

One of the biggest challenges parents have been managing is how to let their children safely be children during the COVID-19 pandemic. With students heading back to school this September, parents are again facing the question of how to keep their children safe in the classroom.

As you prepare to send your children back to school, be sure to reinforce the everyday COVID-19 protocols they will need to keep in mind, as well as what makes these protocols so effective.

Social Distancing is still important. The most likely way for COVID-19 to spread is from person to person — primarily between people who come into close contact with one another. If your children are struggling with the concept of social distancing:

- **Be clear and direct.** Explain that physically staying 6 feet apart from anyone (outside of those we live with) helps stop the spread of germs and illness. Even though it is called “social distancing,” children need to know the physical distance is what is important. We don’t want children thinking they need to isolate themselves socially.



- **Be developmentally appropriate.** For younger children, help them understand that we can share our germs with other people when we talk, play, shake hands or hug. For older children seeking more of an explanation, help them understand that you can still carry the virus without showing any signs or symptoms.

Wearing a mask helps contain any potentially infectious respiratory droplets that may be released while breathing, talking or coughing — especially when social distancing is more challenging and even if the person doesn't yet know they're sick.

Most children are now used to seeing people in masks. Still, children may feel uneasy about it. Parents can help by explaining why they need to wear a mask at school, and other public places. Remind them that masks should always cover the nose and mouth.

Washing your hands can help limit the risk of getting sick by touching a contaminated surface and then spreading the virus to your eyes, nose or mouth if you touch your face. Parents play an important role in teaching children to wash their hands. Handwashing can become a lifelong healthy habit if you start teaching it at an early age. Teach children the five easy steps for handwashing — wet, lather, scrub, rinse and dry— and the key times to wash hands, such as after using the bathroom or before eating.

Be a good role model. Children look to parents and other adults around them to set the standard. By practicing the protocols - social distancing, wearing a mask and handwashing - you set a powerful example. If parents ignore the protocols, it is likely children will not take them seriously.





\$hop with the Three 'C's' **CARE, CAUTION, CONTROL.**

Consumer protection begins with you the consumer. Shop wisely. Remember the final decision to purchase is yours. Think about it. Has any trader ever taken money from you and demanded you purchase what he/she is selling? Oh no! You see the item, you hear the advertisement, you fall for the sales pitch, you decide that you either need or want the item so you purchase it. It is all you!

So be **CAREFUL**. Before you purchase, find out as much as possible about the item, be it a school bag, uniform, exercise books or a pair of socks. Yes, socks.



You may wish to find out what type of fabric the socks are made from. Some fabrics are more comfortably worn than others. Some fabrics generate more heat and cause sweating and discomfort.

You should exercise **CAUTION**. Find out the store's policy before purchasing. For example, find out if the store gives refund or exchange even if there isn't anything wrong with the item - it cannot fit.

Shop within your means – **CONTROL** yourself. Do not get carried away and make purchases you do not really need or you really cannot afford. Do not purchase something because your friend has one or because it's popular. Always prepare a budget and stick with it.

Remember, **CARE, CAUTION** and **CONTROL**.



LABELS...in ENGLISH please

The general health and safety of all consumers depend on the safety and safe use of the products that we use every day. Proper and adequate labelling of goods, foods and pharmaceuticals contribute to the health and safety of consumers, while providing a safeguard for those who supply these products.

Labels should provide adequate information to a potential purchaser, enabling him/her to make informed choices depending on his/her wishes and needs. This information should include product characteristics where applicable, along

with information on care, maintenance, and precautions during use. Labels must also provide information enabling the manufacturer or supplier traced and must state the country of origin and/or manufacturer of the goods.

Further, labels must be legible up to the point of sale, and where appropriate, during normal use and working life. It must in no way be false, misleading, or deceptive. It must provide information regarding any specific dangers, which might be related to the use of the commodity, and First Aid instructions where necessary.

The key factor for consumer health and safety is that all labels must be read carefully before purchase and prior to use of product. It therefore follows that the main display panel of ALL product labels should be presented in the official language(s) legislated for the intended market if they are to achieve the important role of being a part of a consumer health and safety system.

Among the labelling standards declared by the Antigua and Barbuda Bureau of Standards is the “Antigua and Barbuda Standard Specification for Labelling of Commodities, Part 1: General Principles (ABBS 2: Part 1: 2003)” which states thus:

3.2 LANGUAGE TO BE USED ON LABELS

3.2.1 The information to be included on the label of every container shall be in the English Language but may include others in addition.

3.2.2 For export of goods to bilingual countries, all information displayed on the label of every container should be shown in both official languages. Only the name and business address of the processor, manufacturer, packer or distributor may be shown in one of the official languages.

3.3 RESPONSIBILITY FOR LABELLING

It is the responsibility of any person who sells or distributes any commodity to see that it is properly labelled as required by this standard.



Further, the Antigua and Barbuda Standard Specification for Labelling of Commodities, Part 2: Prepackaged Goods (ABBS 2: Part 2: 2003) states,

3.3.1 The information ... should be placed on the principal display panel of the package, that is, the part of the package that is displayed or visible to the purchaser or consumer at the point of sale ...

The Labelling Standards of Antigua and Barbuda have been declared and published in the Gazette as National Standards of Antigua and Barbuda. The relevant technical regulations have also been declared and gazetted, making the requirements of ABBS 2: Parts 1 & 2 (referred to above) mandatory. It should be noted that all persons who distribute and sell goods can face punitive measures if the provisions of the labelling regulations are not met.

It cannot be emphasized enough that for labels to be truly beneficial, the information on the main display panel must be presented in the official language of Antigua and Barbuda, which is ENGLISH. Other languages may be placed on the side or back panels. It is therefore the responsibility of any person who sells or distributes any good to ensure it is properly labelled (with the main panel being in ENGLISH).

**The key factor for
consumer health
and safety is that
all labels must be
read carefully
before purchase ...**

For further information on this article and the work of the Bureau, kindly contact the **Antigua and Barbuda Bureau of Standards, Old Parham Road, St. John's, Antigua. Telephone 462-2424; Email: abbs@ab.gov.ag; Web: www.abbs.gov.ag**

Counterfeit goods



The COVID-19 pandemic has accelerated the shift towards a more digital world and the rise of counterfeit goods and other fake products sold on the Internet has been swift. Although it has largely gone unnoticed by many consumers, make no mistake, the problem is extensive and a number of consumers in Antigua and Barbuda have had to face the grim reality that they have purchased counterfeit goods.

Here are some tips on how to distinguish an original product from a counterfeit one.

Unreal discounts

If you buy something, especially online, at a fraction of the price, or the deal is too good to be true, it usually is. Know how much discount is typically available on branded items and if the offer is unrealistically low, then you may be buying a fake.

Flimsy packaging

If the item is shabbily packed, uses substandard material like cheap plastic or sagging cardboard, take it as a sign of counterfeiting.

Grammatical & spelling mistakes

Counterfeit products can be easily identified through wrong spelling or grammatical errors.

Fake websites

Check the authenticity of websites. If the site is fake, so are the products.

Poor quality of products

The quality of counterfeit products is usually suspect, with cheap alternatives used in place of the original.

Flawed fonts, logos

Much like the spellings, it is easy to detect fake logos, brand names and trademarks, if you are paying attention.

No contact details

If the manufacturer's physical address, e-mail, phone number or contact details are not listed on the product or package, it should be cause for concern.

Missing accessories

Make sure that all the supplementary parts and accessories that have been mentioned are a part of the package.

Shopping and paying safely online



Online shopping is a great way to find bargains, compare prices, and save money. But as its popularity has increased, so have the risks, with more and more people trying to scam you out of your money or steal your card details. Thankfully, if you follow a few basic and security tips you can have a safe online shopping experience.

Research the company or seller

Anyone can set up a shop online, therefore it is important to research a company or seller before buying from the site. Make sure the business has a physical address and phone number you can contact if there's a problem. You can also read customer reviews which offer valuable guidance from people who have used the service or product.

Product Reviews

2 Review(s) | Add Your Review

Metro White

By Eve Thomas on 5th March 2014



I love these, I wanted something a bit different in my bathroom and these look wonderful.

Metro White

By Scott Archer on 5th March 2014



Really pleased with these tiles, the bevelled edge makes them more interesting than many wall tiles.

Make sure the website is secure

Many websites will display a lock symbol in the address bar. This is most commonly seen on the payment page of an online store. This means the website is using an HTTPS connection, which makes it safe to enter your information.

> Secure connection

 https:// www.securesites.com



> Unsecured connection

 http:// www.unsecuredsite.com



Don't use public wi-fi

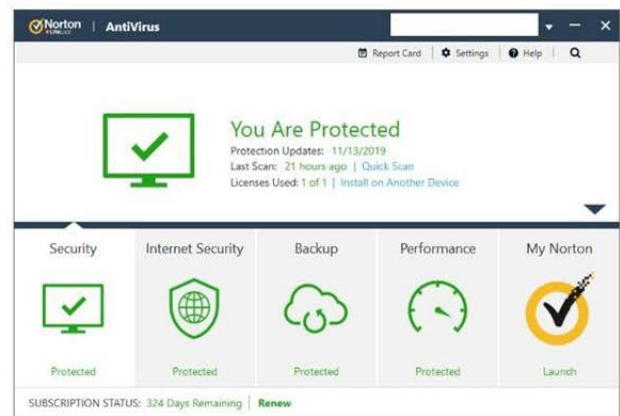
To protect sensitive information like credit/debit card numbers, you'll want to shop from your home Internet connection if possible. Public wi-fi networks are at a slightly greater risk for hacking, which could put your information at risk.



Keep software and virus protection up-to-date and use strong passwords

Make sure your software and anti-virus protection is up-to-date. Updates often contain changes that help protect you and your devices from scammers and online criminals.

Always choose strong passwords for your online accounts, using a combination of upper case, lower case, number and special characters. Using a phrase or sentence is good practice.



Use secure payment methods

Credit/debit cards are generally the safest way to pay for items online. If you don't like the idea of giving your credit/debit card information to different retailers, you could try an online payment service like PayPal or Google Wallet.



Know the company's returns policy

If they don't seem to have one, be suspicious. Knowing what the policy is will help you if something isn't delivered or arrives broken, even if the seller wasn't trying to scam you.

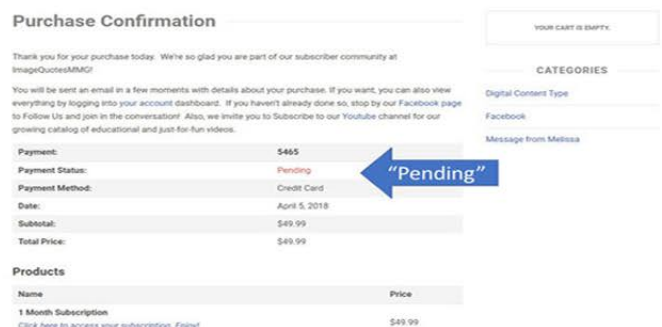
Counterfeit goods

There's also a large online market for selling counterfeit goods. These can be hard to spot, even when you've got the product in your hand. But being aware of this, and researching what the real thing would cost, will give you an idea of when an offer is too good to be true.



Keep a record

Always save records of your online transactions, which should include the receipt, order number, product description, and price. You will also want to save any emails you send or receive from a seller, which may come in handy if there's a problem later on.



Source: moneyhelper.org.uk; edu.gcfglobal.org



Buying School Shoes

Footwear is an important safety item. The best kind of school shoes should be supportive, durable and comfortable with a good gripping sole.

Here's what you should look for:

- **Flexibility in the front.** Pick up the shoe and try to bend it by pushing the toe upwards. A good shoe will bend at the ball of the foot but no further. This helps your child 'push off' with their toes while keeping the back half of their foot stable and secure.
- **...but not too much flexibility.** Shoes that bend all over or are easily twisted don't provide enough support.
- **Not too heavy.** Heavy shoes can mean muscle pain and foot aches, especially for little people.
- **Plenty of toe room.** Check that your child can wiggle their toes and that the 'toe box' (the empty space at the end of the shoe) is deep.
- **Leather uppers** last longer and allow your child's feet to breathe.
- The **sock liner or insole** should be soft, comfortable and made of an absorbent fabric to reduce sweating. You should be able to remove it easily, in case you need to replace it with an orthotic.
- **Shoe laces, buckles and Velcro** are all equally good, but avoid slip-on shoes that can't be adjusted.

Buying a safe school bag

School bags come in all sizes, colors, fabrics, and shapes and help children of all ages express their own personal sense of style. Before you buy one, though, consider a school bag's construction.

Look for the following to choose the right school bag:

- **a lightweight bag:** get one that doesn't add a lot of weight to your child's load; for example, leather packs look cool, but they weigh more than canvas bags.
- **two wide, padded shoulder straps:** straps that are too narrow can dig into shoulders
- **a padded back:** it not only provides increased comfort, but also protects children from being poked by sharp objects or edges (pencils, rulers, notebooks, etc.) inside the pack
- **a waist belt:** this helps to distribute the weight more evenly across the body
- **multiple compartments:** to help distribute the weight throughout the pack



Using school bags wisely

To help children prevent injury when using a school bag:

- **Lighten the load.** No matter how well-designed the bag, less weight is always better. Use the bathroom scale to check that a bag is not over 10% to 15% of your child's body weight. For example, the bag of a child who weighs 80 pounds shouldn't weigh more than 8 to 12 pounds.
- **Use and pick up the bag properly.** Make sure children use both shoulder straps. Bags that are slung over the shoulder or across the chest — or that only have one strap — aren't as effective at distributing the weight as bags with two wide shoulder straps, and therefore may strain muscles. Also tighten the straps enough for the bag to fit closely to the body. The bag should rest evenly in the middle of the back and not sag down to the buttocks.



Custom-made vs Ready-made Reading Glasses

As we all get older, we find ourselves expending more and more effort to read anything within a short distance, which, many times is still not far enough to allow us to read. Since our hands are not extendible beyond its normal length, we seek to correct this reading problem with a pair of reading glasses.

Now comes the challenge of choosing reading glasses that will solve this problem. We are faced with two main choices: Prescription or Custom-made reading glasses and Non-Prescription ready-made reading glasses.

If we were to compare the prices of both types of glasses mentioned above, we would immediately realize the significant difference. An off-the-shelf pair of reading glasses can be bought for as little as \$10 while the price for a pair of prescription glasses begins at approximately \$1200.

Generally, ready-made glasses solve the problem of not being able to read as long as the correct power (which is usually from 1.0 – 3.50) is selected. Also, they can be quite fashionable and allow us to own quite a few, leaving them in places where we most need them – in our cars, office, handbags etc.

If these factors were the only ones to be considered, then without a doubt, we would say “Go for it”! But there are other important factors which must be considered when deciding whether to choose a ready-made or custom-made reading glasses.

One downside of ready-made glasses is that their prescription is the same for both eyes and the optical center for each lens is not customized for each person. (The optical center is that portion on the axis of a lens that allows rays of light to pass through the lens without deviation). This is a significant factor as most persons need different prescription for each eye.

Depending on the extent of the mismatch, wearing ready-made reading glasses can cause varying degrees of headaches, eyestrain and nausea.

Although ready-made reading glasses are generally considered to be safe, persons should not put off having a proper eye examination with an optometrist or ophthalmologist. Neglect can put your sight at risk from more serious conditions, including glaucoma and complications from diabetes.

The health of our eyes is important to the quality of lives we live. Do take good care of your eyes.

ONLINE SAFETY TIPS

for parents of children 6-10 Years Old

Teach your child some
simple rules



- Make sure your child knows not to share personal information like their phone number or email address online.
- Encourage them to only talk to real-life friends or family if they are on sites with a social media or chat element.
- Use privacy settings wherever they exist to keep their information private - help your child to set these up. Remember that the default on many sites is public.
- Be a good online friend and don't say nasty things even if it's just a joke.
- Direct them to use secure and legal sites to download music and games to avoid experiencing the risks associated with streaming content from unauthorised sites.
- Advise them to check attachments and pop-ups for viruses before they click or download anything and ask if they are not sure. You can set up their phone/tablet so you need to grant permission before they are able to download an app or game.
- Encourage them to use Public Friendly WiFi when they're out and about to filter inappropriate content but also use the parental control tools on the device just in case they do connect to an unfiltered WiFi - the most likely place for this to happen could be at a friend's house.
- Help them to better understand the different online platforms they use and judge the quality and reliability of online resources.

Stay involved

Encourage them to use their tech devices in a shared space like the living room or kitchen so you can keep an eye on how they're using the internet and also share in their enjoyment.

Talk to siblings

It's a good idea to talk to any older children about what they're doing online and what they show to younger children. Encourage them to be responsible and help keep their younger siblings safe.

Your Health Is In Your Hands

Hand hygiene is one of the most important ways to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and running water.

When should you wash your hands?



- After changing diapers, or cleaning up a child who has used the toilet



After blowing your nose, coughing or sneezing



After touching garbage



Before and after caring for someone who is sick



Before and after treating a cut or wound



After touching an animal, animal feed or animal waste



After using the toilet



Before, during and after preparing food

Before eating food



How should you wash your hands?

- Wet hands with running water.
- Apply enough soap to give you a good lather.
- Rub hands together for 20-25 seconds.
- Lather all surfaces of the hands and fingers. Remember to scrub between your fingers and under your nails.



- Rinse hands with arm angled down, so water goes down your hands.
- Dry hands with a disposable towel or air dry them.
- Use the towel to turn off the faucet or open the rest room door.

If soap and water are not available, use an alcohol-based sanitizer that contains at least 70 percent alcohol.



HURRICANE PREPAREDNESS

Suggested Consumer Checklist

During the hurricane season, your emergency plan should include a list of items that you can keep stocked in your home. This hurricane preparedness list should include a first aid kit, water, non-perishable foods and other supplies you may need during a storm. Check out this emergency supply list to prepare yourself and your family.



KEY SUPPLIES

- ☐ **Water** – 1 gallon per person per day. For a family of 4 for 5 days, you need 20 gallons. Save water in containers for food preparation, basic sanitation and dishwashing.
- ☐ **First Aid Kit** – Band-Aids, bandages, antibiotic ointment, bleach and a medicine dropper so you can create water disinfectant (6 drops of bleach for every 1 gallon of water), hand sanitizer, any necessary medications, hygiene products, and baby products.
- ☐ **Flashlight** – 1 flashlight per family member and extra batteries.
- ☐ **Tool Kit** – A basic set of tools: hammer, nails, screws, screwdriver, pliers, and knife.
- ☐ **Sanitation Products** – Toilet paper, paper towels, bleach, disinfectants, sanitizers, hand soap, and garbage bags.



FOOD

Your family needs to accumulate at least a five-day supply of non-perishable food that requires no refrigeration and little preparation.

This includes:

- ☐ Dry cereal
- ☐ Canned goods: fruit, vegetables, juice, soups, meats, pasta, beans
- ☐ Nuts
- ☐ Peanut butter
- ☐ Bread
- ☐ Crackers
- ☐ Granola and energy bars
- ☐ Un-refrigerated fruit: bananas, apples, oranges
- ☐ Baby food and bottles
- ☐ Rice and pasta
- ☐ Pasta sauce
- ☐ Seasoning
- ☐ Oats



OTHER ITEMS

- ☐ Plastic sheeting
- ☐ Tarps to cover roof
- ☐ Masking and/or duct tape
- ☐ Aluminum foil
- ☐ Mosquito repellent
- ☐ Cash
- ☐ Manual can opener
- ☐ Large sealable bags to store important documents
- ☐ At least ONE fully-charged cellular phone. A power pack would be a good option as well.
- ☐ Matches
- ☐ Baby diapers, wipes and rash ointment
- ☐ Feminine supplies
- ☐ Liquid detergent
- ☐ Prescription drugs
- ☐ Bucket/mop, broom
- ☐ Battery operated radio with extra batteries
- ☐ Extra filled propane tanks
- ☐ Pet supplies

NOTE: When shopping for groceries in preparation for a storm, consumers should be mindful that perishable foods require refrigeration and electrical power may be out for an extended period of time. Keep the refrigerator temperature at or below 40 F (4 C). Discard any perishable foods (such as meat, poultry, fish, eggs or leftovers) that has been above 40 F. Be aware that food can make you very sick even when it doesn't look, smell, or taste spoiled.

Top 10 FOOD SAFETY TIPS



1 Clean Hands Count

GermS are easily transferred from hands to food during meal preparation, accounting for 89% of outbreaks.¹ Good hand hygiene is your first line of defense in preventing foodborne illness.



2 Sick Workers Have No Place In Foodservice

12% of foodservice employees report having worked when they were sick with vomiting or diarrhea.² Sick employees can easily spread pathogens to other employees and customers. Sick workers should stay home when sick.

3 Cool It!

Chill food promptly and properly. Illness-causing bacteria can grow in perishable foods within two hours unless you refrigerate them. Cold temperatures slow the growth of illness causing bacteria.³



4 Take Your Food's Temperature

Proper cooking temperatures are key to killing hazardous pathogens. Bacteria that cause food poisoning multiply quickest in the "Danger Zone" – between 40° and 140°F.⁴ Use a food thermometer to determine a food's true internal temperature.

5. Put A Label On It!

Avoid confusion and ensure freshness by labeling and dating stored ingredients and prepared foods. Any food item not stored in its original packaging must be labeled.⁵

6 Don't Get Your Signals Crossed On Cross-Contamination

Raw meat, poultry, seafood, and eggs can spread illness-causing bacteria to ready-to-eat foods. Cutting boards or utensils used with raw meats must never be re-used for ready-to-eat foods like fruits and vegetables without first thoroughly cleaning and sanitizing them after each use and before beginning a new task.⁶



7 Be A Clean Freak

Cleaning removes dirt and debris. Sanitizing reduces pathogens that may be present to safe levels. Food contact surfaces must be cleaned and sanitized after each use, or every 4 hours if in continual use.⁷

8 Love Your Gloves

Failure to wear gloves by foodservice workers who prepare ready-to-eat foods is a top trending health inspection violation.⁸ Wearing gloves can reduce the spread of foodborne illness.



9 Give Fruits & Vegetables A Bath

Washing fruits and vegetables helps prevent the spread of bacteria to food preparation surfaces. Even fruits and vegetables that will be peeled or skinned must still be washed.⁹

10 Train Staff

A knowledgeable kitchen staff is your greatest ally in protecting guests and preventing foodborne illness. Each new kitchen staff member should be regularly given instruction on proper cleaning and sanitizing protocols.¹⁰



SOURCES:

¹ https://www.cdc.gov/nceh/ehs/ehsnet/plain_language/food-worker-handwashing-restaurant-factors.htm

² https://www.cdc.gov/nceh/ehs/ehsnet/plain_language/food-workers-working-when-sick.htm

³ <https://www.foodsafety.gov/keep/basics/chill/index.html>

⁴ https://www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/danger-zone-40-f-140-f/CT_Index

⁵ <https://www.gfs.com/en-us/ideas/food-safety-labeling-dating>

⁶ <https://www.foodsafety.gov/keep/basics/separate/index.html>

⁷ https://www.servsafe.com/ServSafe/media/ServSafe/Documents/NFSEM_wk3_Actvy-Clean-Sanitize.pdf

⁸ <https://diningsafetyalliance.org/2018/05/08/wearing-gloves-important-food-safety/>

⁹ <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>

¹⁰ <https://www.consolidatedfoodservice.com/blog/10-food-safety-tips-commercial-kitchen/>

Packing a Healthy Lunch bag

Your child will be spending the majority of his day at school and that little lunch bag should contain at least one third of his nutritional requirements for the day. It is important to ensure that the bag is filled with a variety of foods from the Six Caribbean Food Groups to help your child get through the day without feeling hungry or tired.



Staple Foods

Types of breads, wholegrain pitas, wraps, rolls will not only provide a good source of carbohydrate, but also fibre and other essential nutrients. Wholegrain options like brown rice, and varying types of pasta could also be included.

Legumes/Nuts

These include peas, beans and nuts. These provide protein, carbohydrate, the minerals calcium and iron, and fibre.



Dark Green Leafy, Yellow and Other Non-Starchy Vegetables

Include some vegetables – whether you put it into their sandwiches or salads, or you use some baby tomatoes, carrots, or celery sticks to serve as a snack. These provide vitamins A, and C, B complex, minerals and fibre.



Foods from Animals

Add protein in their sandwiches or salads in the form of cheese, egg, fish, chicken and lean meat. Nutrients contributed: protein, iron, B complex and fat soluble vitamins and fat.



Fruit

Be sure to pack at least one piece of fruit into your child's lunch bag. Mango, guava, orange, pineapple, West Indian cherry, pawpaw. These provide carbohydrate, vitamin C, vitamin A (yellow fruits), B complex vitamins, minerals and fibre.

Fats

This is found in butter, margarine, bacon, fat on meat and fat in whole milk. These contribute fat, vitamin E; butter and fortified margarine provide vitamins A and E.



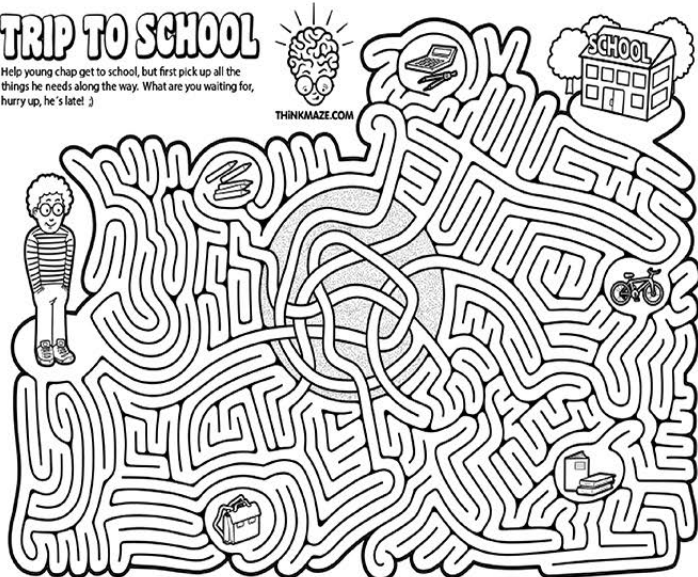


TRIP TO SCHOOL

Help young chap get to school, but first pick up all the things he needs along the way. What are you waiting for, hurry up, he's late! j



THINKMAZE.COM



Why did the broom get such poor grades in school?



Because he was always sweeping!

Who is the king of all school supplies?



The ruler.

Why did the m&m go to school?



Because he wanted to be a Smartie.

What kind of school do you go to if you are ice cream?



Sundae school.

Why do magicians do really well in school?



Because they are really good at the trick questions!

What is the world's tallest building?



The library because it has the most stories.

Why was the teacher wearing sunglasses to school?



Because her students were so bright.

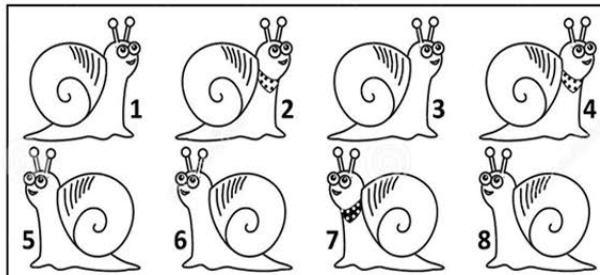
Why is $2+2=5$ like your left foot?



Because it isn't right.

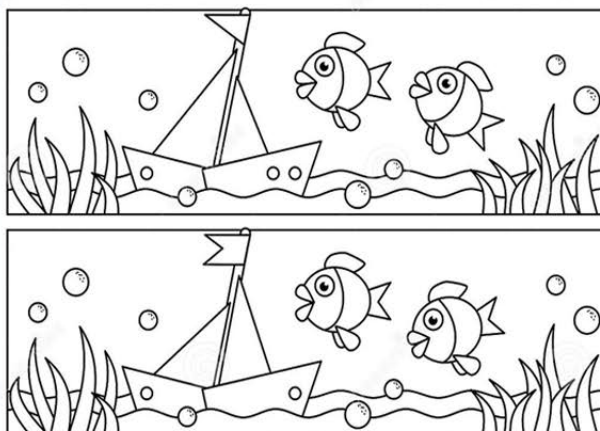
SPOT THE ODD ONE OUT

Can you find the picture that is unique?



FIND 5 DIFFERENCES

Try to spot five differences between the two pictures.



BACK TO SCHOOL

N Y S T D F U L O H M E
F P C E M X T Q E U P S
W A L S H I B R V A G W
O G S T U D Y L T K R A
R Z D K N J O W D P T N
K O C R E K S G L U E R
T S F Y P D O R B Q A D
E U V A N G E U Z M C E
J D E Q K W C S E A H Y
X M O H S I J V K T O L
L I R N L Z A G B F X C
B S A T E N P I W E J H



STUDY	TEST
LEARN	ANSWER
TEACH	DESK
WORK	TAPE
DONE	GLUE

