Food Safety Guidelines for Volunteers

If you are delivering or making food for members of your community in this Public Health Emergency please follow the food safety tips below.

**Handwashing:** Wash your hands with warm water and soap for at least 20 seconds. Make sure to scrub under your fingernails and your wrists. Dry your hands with single use toweling if available or use a clean towel each time you dry your hands.

**When to Wash your hands:**
- Before starting to work with food, utensils, or equipment
- Before putting on gloves
- During food preparation as often as needed, and when changing task
- When switching between raw food and ready to eat foods
- After handing soiled utensils and equipment
- After coughing, sneezing, or using a tissue
- After touching your skin, face, or hair
- After touching or handling animals
- After using the toilet, wash hands at a handwash sink in the restroom, and again when returning to the work area

**Cooking Temperatures:** Take temperatures using a thin probe thermometer in the thickest part of the food. Cook food to the follow temperatures:
- **165 °F:** Chicken, Turkey, Leftovers, Casseroles, Stuffed
- **155 °F:** Ground beef, injected meats, marinated meat, raw eggs
- **145 °F:** Fish, Pork, steaks
- **135 °F:** Reheating commercially processed and packaged food

**Keep Hot Foods Hot:** Keep hot foods above 135°F
**Keep Cold Foods Cold:** Keep cold food below 41°F

**Thawing:** Thaw foods under cold running water, in the fridge, or as part of the cooking process

**Cooling:** Food should be cooled in a freezer or a fridge with no lid until fully cooled.
- Within four hours: cooled to 70°F
- Within six hours: cooled to 41°F

**Washing dishes:**
1. Wash with soap and warm water
2. Rinse with a clear water rinse
3. Sanitize with a solution of 1 tablespoon of unscented chlorine bleach and one gallon of water. Soak dishes for at least one minute
4. Air Dry dishes

- If you are delivering meals to neighbors or other members of the community it would be safest to freeze the meals beforehand and then distribute them.
- Do not reuse the containers from anyone in quarantine or self-isolation.
- If the person is not in isolation or quarantine, make sure to follow the instructions for washing dishes properly.