

Top 10 Food Safety Tips for Volunteers

10. Wear clean clothes and some sort of hair restraint when working directly with food.
9. Learn to correctly use the disinfectant available in the schools.
8. Clean (soap and hot water) and sanitize (bleach and water or school-approved disinfectant) all surfaces and equipment before and after touching food. This includes cutting boards, counters tops, table tops, kitchen sink and utensils.
7. If you have an infection or cut on your hands, wash with soap and water, apply a clean bandage, and then wear rubber or plastic gloves. Wash gloved hands just as often as bare hands.
6. Date and label stored food.
5. Use tongs, ladles, lifters and scoops to serve food—NOT hands.
4. Wash fresh fruits and vegetables thoroughly under running water before preparing them.
3. Do not let prepared food to remain in the danger zone 4°C (40°F) and 60° C (140°F) for more than a total of 2 hours. Keep hot foods hot with warming trays and keep cold foods cold by resting them on crushed ice.
2. If you are sick, do not come in. Call the program co-ordinator or school office as soon as possible.
1. Always wash your hands before and after touching food using soap and warm water for 20 seconds.