

Food Safety Guidelines for Community Kitchens

Personal Hygiene

- Wash your hands properly.
 - Wash them when you first get to the kitchen.
 - Wash them when you switch working from raw meats to vegetables or fruits.
 - Wash them anytime your hands become self-contaminated. For example after sneezing and coughing into your hand or after using the washroom.
- Always tie long hair back or wear a hat or hairnet while cooking.
- Don't handle food with open sores or cuts on your hand. Thin plastic gloves or finger cots are the best solution in this case.
- If you are sick (cold, vomiting or have diarrhea) **do not attend the community kitchen**. If you must come, do not cook. You may contaminate the food you are cooking.

Your Clothing

- Pull up your sleeves to prevent your clothing from contaminating the food.
- Wear a clean apron.

The Food

- If a can is leaking, rusted, badly dented, or bulging, **do not open it. Throw it away**. The contents may make you sick.
- After use, immediately wash any board and knife used for raw meat. Wash your hands, too.
- Cool food as quickly as possible before putting it into containers to take home. This can be done by putting it into shallow containers, and stirring regularly. Placing the pot or pan into an ice bath also works well.
- Foods should be refrigerated or frozen as soon as possible. Bacteria will grow if food is left out at room temperature.
- It is recommended that cooked meals be kept up to 3 days in the refrigerator and up to 3 months in the freezer.
- When reheating meals at home, be sure to get the food up to the proper temperature - the food should be steaming hot.
- Thaw frozen foods in the fridge, microwave oven or cold running water. Not on the kitchen counter!
- Follow the old saying "If in doubt, throw it out." If you are concerned that food might be spoiled or unsafe to eat, don't take chances. Throw it out!

Dishwashing

- In kitchens where there is no dishwasher available, proper technique will keep your dishes clean and keep you from getting sick! Follow these simple steps for hand-washing dishes:
 - Step 1: **Scrape** the dishes

- Step 2: **Wash** the dishes - water temperature should be at least 44°C (110°F)
- Step 3: **Rinse** the dishes
- Step 4: **Sanitize** the dishes - add one capful of chlorine bleach to 24°C (75°F) water and let the dishes soak for 45 seconds
- Step 5: **Air dry** the dishes