

# **- FOOD SAFETY TIPS -**

## **FOR VOLUNTEERS AT MEAL SERVICE SITES**

### **Why Food Safety Matters:**

Many hands help prepare and serve food at meal sites. Proper food safety protects guests and volunteers from illness — especially in busy, high-turnover volunteer environments.

#### **1. WASH HANDS THOROUGHLY**

**Clean hands save lives!**

- Wash hands with soap and warm water for 20 seconds
- Always wash:
  - Before handling or serving food
  - After using the restroom
  - After sneezing, coughing, or touching your face
  - After handling trash or cleaning supplies

*Hand sanitizer is helpful but not a substitute for handwashing!*

#### **2. WEAR GLOVES THE RIGHT WAY**

- Wash hands before putting on gloves
- Change gloves:
  - Between raw and ready-to-eat foods
  - After touching surfaces or your face
  - If gloves get torn or dirty

**Gloves must be used when serving ready-to-eat foods like bread, fruit, or salads.**

#### **3. COOK & REHEAT FOODS TO SAFE TEMPS**

- Use a food thermometer when possible:
  - Poultry: 165°F
  - Ground meat: 160°F
  - Leftovers or reheated foods: 165°F
- Never serve undercooked food — when in doubt, heat it out!

#### **4. KEEP FOODS AT SAFE TEMPERATURES**

- Hot foods should stay at 135°F or warmer
- Cold foods should stay at 41°F or cooler
- Discard any food left out more than 2 hours (or 1 hour in hot weather)
- Use coolers, ice, or warming trays to help maintain temps if needed

#### **5. IF YOU FEEL SICK, PLEASE DON'T VOLUNTEER**

**Even minor symptoms can spread illness to others.**

**Stay home if you have:**

- ✗ Vomiting
- ✗ Diarrhea
- ✗ Fever

**Let the team know — your health helps protect everyone!**



**For more information on food safety tips for volunteers at meal service sites, visit:**  
[www.communityfoodrescue.org/food-safety-for-volunteer-food-runners/](http://www.communityfoodrescue.org/food-safety-for-volunteer-food-runners/)



**County of Morris**  
**Department of Law & Public Safety**  
**Division of Public Health**  
**P.O. Box 900**  
**Morristown, NJ 07963-0900**  
**(973) 631-5184**



**Public Health**  
Prevent. Promote. Protect.