

## Food Preparation Areas Must be Clean and Sanitary

Empty and remove trash frequently. Keep all food preparation and service areas clean and free of debris.

Take these three steps to clean equipment and service areas:

- Wash in hot, soapy water.
- Rinse in hot clean water.
- Sanitize food contact surfaces.

Sanitize equipment that is used for food preparation, such as pans, knives, spoons, cutting boards or countertops. Sanitizing means killing bacteria and other organisms that can cause illness.

To sanitize surfaces after cleaning, wipe them with a sanitizing solution safe for food-contact surfaces, such as bleach and water.

To make a bleach and water sanitizing solution, add one tablespoon of unscented household bleach into one gallon of water. Change solution every few hours or when it looks dirty.

## Additional Safety Tips

Table Safety:

When a person leaves food on a plate or at the table, you must throw it away. If there is leftover food on the table like chips, rolls or bread, you cannot serve it again.

Serving Utensils:

Use clean utensils instead of hands for dispensing food. Store scoops and tongs with handle extended out of the food.

Beware of Hot Items:

Be careful when working around kitchen equipment that is hot. Steam can burn!

Do not taste food with your fingers or with utensils that are then returned into the food.

Avoid chewing gum while preparing food.

You may drink from a closed beverage cup with lid and straw or cup with lid and handle in the designated area.

## Volunteer Nutrition Safety

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## Pioneer Adult Community Center

615 5th Street

Oregon City, OR 97045

Main Phone: 503-657-8287

Nutrition Program: 503-722-5979

[www.orcity.org/pioneercenter](http://www.orcity.org/pioneercenter)

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## Good Health and Hygiene are Critical for Food Safety

Sick food workers are the leading cause of foodborne illness. If you feel sick you should not go to work. The germs you bring to work can spread when you touch food, dishes, counters, utensils, and other people. To prevent the spread of disease:

- Do not work if you have a fever and sore throat
- Do not work if you have loose bowels (diarrhea)
- Do not work if you are throwing up (vomiting)
- Do not work if you have yellowing of the skin or dark tea colored urine (jaundice)
- Wait for at least 24 hours after vomiting or diarrhea have stopped before returning to work
- Do not handle food with an infected boil, burn, cut or sore on your hand. Food may be handled if you cover the injury with a clean bandage, and wear a latex-free glove

Contact the Nutrition department at 503-722-5979 if you have any of these symptoms and before arriving to volunteer.

## Handwashing is Very Important

Wash your hands often when working with food and drinks - this gets rid of germs that can make people sick.

Wash your hands for approximately 20 seconds with warm running water and soap, and then dry them with clean paper towels.

Remember to always wash your hands:

- Before you start preparing food
- Before you put on latex-free gloves and after you remove them
- After you handle trash and take out garbage
- After you handle dirty dishes
- After cleaning or using chemicals

It is necessary to wash your hands a second time:

- After you use the restroom and again when you return to the kitchen
- After you eat or drink
- After you blow your nose, cough or sneeze

Change your gloves:

- As soon as they become soiled or torn
- Before beginning a different task

## Dress Code

No short shorts:

Knee length shorts or skirts are acceptable.

No sandals or open toed shoes:

Wear sturdy, closed toed shoes.

Clothing:

No sleeveless tops.

Jewelry:

No dangling jewelry. Jewelry can hide germs, get caught in equipment, and fall into food.

Aprons:

Always wear a clean apron while involved in food preparation. Aprons should always be taken off when leaving the kitchen area.

Hair:

Long hair must be tied back.

Fingernails:

Keep fingernails short. Be sure to scrub underneath fingernails. Wear gloves at all times if you have fake nails.