

- 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/



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