Community Cooks Safety Protocols

Our #1 goal is to keep everyone in our community as safe as possible, making sure that we all commit to do everything possible to avoid the spread of COVID-19.

**Carefully Monitor Your Health:** ABOVE ALL, do not cook, shop, package, or deliver food if you or someone in your household feel sick, have been recently exposed to someone who is sick, and/or have ANY symptoms of COVID including: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.

**Wear a Mask:** All volunteers should wear a mask or cloth face covering that covers your nose and mouth while shopping for, preparing, and delivering your meal. The cloth face covering is meant to protect other people in case you are infected.

**The Six Feet Rule:** Always stay at least 6 feet away from people who are not members of your household. Whenever you are closer than 6 feet to food, even if packaged, always wear a mask.

**Clean Hands:** Do not touch food without first washing or sanitizing your hands. If you touch ANYTHING other than food or sanitized food boxes or surfaces, wash your hands again with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.

**Safety Protocols When Preparing Food:**

- Please **take your temperature** before each time you prepare food for Community Cooks. Do NOT cook if your temperature is above 98.6°F Fahrenheit or if you feel sick or have been exposed to the virus. If you cannot cook, we simply ask that you notify us at meals@ccooks.org as soon as possible.
- **Wear a mask** or cloth face covering that covers your nose and mouth and is securely tied at all times while interacting with food, including cooking, packaging, shopping, or delivering food.
- **Wash, rinse, and sanitize food contact surfaces**, dishware, utensils, cutting boards, food packaging, etc. before doing any food prep, even if the food is packaged and sealed.
- **Tie long hair back** before handling food. Wash hands afterward.
- **Wash your hands** with soap and warm water for a full 20 seconds immediately before touching food, food boxes, or bags. If you touch anything other than food or food packaging (e.g. your face, mask, hair, clothes, phone, etc.), wash your hands again before handling food, utensils, or food packaging.
- **We suggest using food-safe gloves** (powder free) to avoid direct bare hand contact with ready-to-eat foods. If you’re preparing sandwiches – or any food that is not going to be cooked before it is consumed, it is a good idea to wear food-safe gloves if you have them. Always wash hands.
before putting on and after removing gloves. Gloves are always used in conjunction with handwashing.

- If you have to sneeze or cough while preparing food, please try to step at least six feet away, turn away from the food you are preparing, and **cough/sneeze into the crook of your elbow**. Then please wash your hands again (and/or put on a new pair of gloves) before returning to cook.

**Safety Protocols When Delivering Food:**

- Before delivering food, wash your hands for at least 20 seconds with soap and water.
- To limit risk, food **deliveries should be done by one person** whenever possible.
- **Sanitize high-touch areas in your car** with an alcohol wipe or other sanitizer before delivery (i.e. your steering wheel, door handles, radio button, seat where food will be, your cell phone, etc.). Additional details about vehicle cleaning can be found [here](#).
- **Clean hands** with alcohol-based hand sanitizer frequently during the delivery and anytime you touch a surface or object that may be contaminated. Always use hand sanitizer with at least 60% alcohol.
- **Wear a mask or face covering at all times during the delivery process.**
- We suggest wearing clean unused gloves while touching the food and/or food packaging you’ll be delivering. When driving and/or touching anything but the food, please take your gloves off and keep them in a clean place (have a clean bag available for this). Always sanitize hands before putting on and after removing gloves.
- Follow the specific instructions from Community Cooks for a socially distant delivery to the particular agency you are cooking for. In the unlikely event that you need to interact with anybody in person while delivering your food, always maintain 6 feet between you and anyone you may come across and wear a mask while delivering the food.

According to the FDA: “Currently there is no evidence of food, food containers, or food packaging being associated with transmission of COVID-19.” You can read more about that [here](#).

Please note: No changes have been made to the federal law (The Bill Emerson Good Samaritan Food Donation Act) or state laws (Mass. General Laws, Chapter 94, section 328) that protect Community Cooks and our volunteers from liability when providing home-cooked meals for donation to our partner agencies.