

Basic Food Safety Training for Vounteers



Our neighbors trust you to help keep them safe. This information assures that we are keeping Food Safety at the forefront of our thinking when we are sorting, handling and distributing food.

How You Can Help Keep Food Safe

Wash Your Hands

Correct handwashing takes about 20 seconds. Make sure to scrub your hands and arms thoroughly and to rinse thoroughly. Dry using a paper towel. We ask all volunteers to wash their hands before the volunteer session begins BEFORE putting on gloves, after using the restroom, if you have touched your hair or face, after taking out the trash (if you are continuing to sort or pack food), and after sneezing, coughing, or using a tissue. Any time you leave the volunteer area to take a break, get a drink, or take a phone call, wash your hands before returning.

Wear gloves

We provide single-use gloves for all volunteers. Make sure to choose the size of glove that fits your hand best, and never blow into the gloves or roll them to make them easier to put on. Do not rinse, wash or reuse gloves, and change them as needed after taking a break, using the restroom or using your phone. Change gloves if they become dirty or torn.

Dress appropriately

Wear clean, comfortable clothes and closed-toe shoes. Remove jewelry from your hands.

Don't eat, drink, smoke, chew gum or tobacco around the food.

If you don't feel well, please stay home!

Making Sure Distributed Food is Safe

Non-Perishables

Check the dates to make sure they fall within our posted guidelines. Discard any cans with severe or deep dents, any kind of crushing damage, rust, or cans that are swollen or bulging. For jarred food, do not distribute if there is any swelling of the lid, if the safety button has popped, or if the lid is loose. If any food is discolored, throw it away. For dry, packaged food, the package cannot be severely damaged, and any inner packaging must be undamaged. Keep an eye out for any sign of insects or other pests. We can't distribute any food with missing or unreadable labels (including labels not in English).

Produce

Discard produce showing any signs of mold, decay, or severe bruising. If produce smells bad, the skin is not intact, or there are any signs of insects, throw it away. If produce is packaged, check the sell-by date before distributing.

Prevent cross contamination

Make sure food is not coming into contact with anything that may be considered an allergen, including milk, eggs, soy, tree nuts and peanuts, fish and shellfish, wheat and sesame.

Questions?

Thank you for keeping these food safety tips in mind when you volunteer. We appreciate all that you do for our neighbors who face hunger.

Vickie Jarman
Volunteer Coordinator

✉ vjarman@fbnn.org
☎ (775) 785-1431