

# FOOD SAFETY INSTRUCTIONS FOR MEAL DELIVERY DRIVERS



MEALS on WHEELS  
ROCKLAND

Perishable foods can cause illness when mishandled.  
Proper handling of the food is essential to ensure the food is safe to eat.

## WASH HANDS

Washing hands (for 20 seconds) is one of the best ways to reduce risk of foodborne illness, as it decreases the spread of harmful viruses and bacteria. Volunteers should also exercise good personal hygiene. You are encouraged to carry hand sanitizer to use between deliveries.



To use an alcohol-based hand sanitizing lotion:

- Apply it to the palm of one hand.
- Rub hands together.
- Rub it over all surfaces of hands and fingers until hands are dry.

## CLEAN DELIVERY VEHICLE

The inside of program vehicles and volunteers' private vehicles should be cleaned regularly. All meal delivery equipment must be kept clean, including delivery coolers and bags.

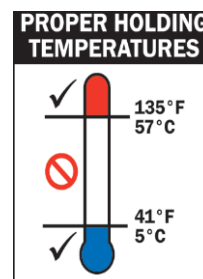


## DELIVER PROMPTLY AND IN SAFE CONDITION FOR CONSUMPTION

Containers must be secured in the vehicle to keep them from moving too much during delivery. Keep food flat and level to prevent spillage. If meals are not sealed prior to delivery, discard the entire meal and inform kitchen staff. Do not deliver open containers of food.



## ALWAYS KEEP HOT FOOD HOT AND COLD FOOD COLD



It is very important to close insulated containers tightly during a route, and as soon as possible after removing a meal, so that meals can be held at safe temperatures.