

The background of the slide is a dark blue color, populated with numerous stylized, light blue virus-like particles. These particles are spherical with a textured surface, some showing a distinct outer shell with small protrusions, resembling coronaviruses. They are scattered across the entire frame, with some appearing larger and more detailed than others, creating a sense of depth and focus on the health-related theme.

Kitchen Safety Guidelines

FOOD DELIVERY & TRANSPORTATION

March, 2020

FOOD DELIVERY AND TRANSPORTATION

Food delivery is a great form of seva to help those that are in need during physical [distancing](#).

It is important to keep food protected during transportation so as to maintain it pure and free from adulteration, spoilage and contamination due to time and temperature abuse, cross-contamination, allergen cross-contact, etc.



FOOD DELIVERY AND TRANSPORTATION

- Always deliver food in clean vehicles. No pets or sick individuals allowed on the delivery vehicle.
- All drivers must maintain good personal hygiene and should not engage in eating/drinking to prevent contamination due to accidental spillage of beverages and/or due to saliva.
- Do contactless delivery. Instead of handing off the food delivery in person, just drop off supplies at the doorsteps or porch so the receiver can grab it themselves.
- Be sure to wash your hands with soap and water after touching the packaging and before eating because the virus can live on surfaces that people touch.



FOOD DELIVERY AND TRANSPORTATION

- Deliver temperature sensitive cold food items such as milk, yogurt, at a temperature **below** 41 °F or 5 °C.
- Deliver hot foods such as cooked grains like rice and daal, etc. **above** 141 °F or 60 °C.
- Keep all food items covered and protected in proper containers with tight fitting lids or other alternate means to prevent the risk of contamination during transportation.
- Handle foods containing allergenic ingredients with 100% care. Store them in a manner to prevent allergen cross-contact as there is a likelihood of leakage, spills outs or breakage, etc.



°F = Farenheit

°C = Celcius

RECOMMENDED TRAININGS & RESOURCES

Food Safety Training Requirements

- It is recommended that there's at least one [Certified Food Safety Manager](#) in the Gurdwara kitchen. The certified person can be the cook or any employee responsible for safe food handling and who may insure that other sevadars use proper food handling techniques.
- All regular sevadars involved in the preparation, storage or service of food in a langar hall must obtain a [Food Handlers Card](#).

Additional guidance can be obtained from the following:

- [Santa Clara County](#)
- [San Francisco County Department of Public Health](#)
- [United States Department of Agriculture \(USDA\)](#)

ABOUT THE AUTHOR

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Disclaimer and Acknowledgement

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This is not medical advice. If you need medical advice or information, please contact your primary health care professional. We encourage you to get the most current information from reputable sources like the [FDA](#), the [CDC](#) and the [WHO](#).

If you have any questions or want to share feedback, please contact us at VirsaCollaborative@gmail.com



THANK YOU!

Waheguru Ji Ka Khalsa, Waheguru Ji Ki Fateh!