

The background is a dark blue gradient with numerous stylized, glowing blue virus-like particles of varying sizes scattered across the frame. A vertical white line is positioned to the left of the main title.

# KITCHEN SAFETY GUIDELINES

March, 2020

# OUR GOAL

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Given the developing [COVID-19](#) situation, we have developed some guidelines in consideration of general health and safety of our sangat and sevadaars. The content in this deck is based on the [FDA Food Code](#).

Our primary goal is to educate you on how to safely handle and serve food in the langar areas or community kitchens such as langar halls to minimize the risk of contamination as we continue to monitor the [coronavirus \(COVID-19\)](#) situation carefully.

It is crucial to continue to follow food safety standards and personal hygiene practices diligently and sanitize spaces such as [langar halls, diwaans](#) regularly to help maintain a safe environment for yourself and others.

# STAY HOME IF YOU ARE SICK

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We all play a role in keeping ourselves, our families, and our sangat safe and healthy. Please familiarize yourself with important tips on how to prevent contamination in community kitchen, diwaans and langar halls.

- Stay at home if you are sick or have concerns that you have been exposed to COVID-19.
- Do not prepare food or engage in any [onsite seva](#) if you are not feeling well or have cough, fever or any other symptoms of concern.



# PERSONAL HYGIENE & HANDWASHING

- Personal hygiene is key. Wash your hands frequently with soap and warm water for at least 20 seconds particularly after using the restroom and before touching any food.
- Hand sanitizer and gloves are not a substitute for washing hands.
- Wash hands before handling food, after touching a body part or after coming in contact with anything unsanitary such as garbage, dirty dishes, or caring for a sick person, etc.
- Cover your nose and mouth with clean Hazzooria (parna) or mask, while serving parshad or langar.



# NO BARE HAND CONTACT WITH FOOD

- Do not touch any ready to eat food items such as rotis, chawal, parshad, daal, sabji, cut fruits, etc. with bare hands as the germs from your hands can pass on to the food and can make people sick.
- Always use a barrier between your hands and food. If possible
- You can wear single use food grade disposable gloves (change gloves when switching tasks or after touching something unsanitary) or can use a clean utensil such as a pair of tongs before touching ready to eat foods.

Never touch Ready-To-Eat  
food with your bare hands



Ready-To-Eat foods are foods that guests put directly in their mouths without further processing. Examples include desserts, salads and ice.

Always use:

- Gloves
- Deli paper
- Tongs
- Spatula



# CLEANING & SANITATION

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- Clean and sanitize all food contact surfaces before and after food prep.
- Use disinfectants to wipe all high touch points such as door knobs, handles, counter tops, etc.
- Always wash, rinse and sanitize all utensils and equipments properly.
- Allow clean utensils to air dry.

## Use only clean equipment and utensils

Clean and sanitize all equipment and utensils before and after each use. In particular:



### Sinks

Clean and sanitize before washing fresh produce.



### Cutting boards

Must be spotless and unstained. Re-wash if you see dirt.

# TIME & TEMPERATURE CONTROL

- Do not leave food unattended at room temperature. Defrost them in the refrigerator.
- Cook plant based foods such as daals and subzis to at least 141 °F or 60 °C .
- Keep hot foods hot (above 141 °F or 60 degrees C) and cold foods cold (below 41 °F or 5 °C ).
- Reheat foods to at least 165 °F or 73 °C .



°F = Farenheit

°C = Celsius

# ADDITIONAL GUIDELINES

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Although specifics vary based on local risk level, consider the following:

- Providing pre-packaged boxed meals.
- Offering single serve individually wrapped plastic wares (disposable spoons, etc).
- Providing bottled beverages such as bottled water, canned juices.
- Changing from a self serve (buffet) format to meals that are served by dedicated sevadaars or staff members only.
- Increase cleaning frequency of common areas to at least every 4 hours.
- Encourage delivery drivers and sewadars to keep a distance of six feet or two meters from others.
- Wash all fruits and vegetables before storing and use. Disinfect all packaging before bringing it inside or remove food from packaging to bring inside.

**We need to work together to ensure we protect each other and our community.**



# RECOMMENDED TRAININGS & RESOURCES

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## 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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The content in this deck is compiled by Ashmeet Kaur who specializes in Global Food Safety, Risk Management and Regulatory Compliance. Ashmeet has a Master's Degree in Nutritional Science and is a Certified Professional in Food safety through the National Environmental Health Association (NEHA).

## 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](mailto:VirsaCollaborative@gmail.com)



**THANK YOU!**

**Waheguru Ji Ka Khalsa, Waheguru Ji Ki Fateh!**