

Ronald McDonald House Charities of Eastern Wisconsin, Inc.

Safe Food Handling for Volunteers

Updated January 2025



RMHC[®]
Eastern Wisconsin

We Appreciate Your Support

Thank you for volunteering to support our guest families by providing a nutritious food right here in our Ronald McDonald House kitchens. Families living here often do not have the time, energy or funds to eat a proper meal. The service you are providing is essential to the health and well-being of our caregivers and children.

Following correct food safety guidelines is of the utmost importance. When immune systems are already compromised, preventing even simple illnesses is crucial. Bacteria that would have no effect on a well individual can lead to dire consequences for a sick child or his/her caregiver.

While these guidelines should not be considered any type of food safety certification, it is our hope to communicate to our volunteers the importance of taking a few extra steps to ensure our food is safe for everyone. We appreciate you taking the time to review this information to ensure our guest families' good health.



RMHC[®]
Eastern Wisconsin

Food Borne Illness

A food borne illness is a disease that is transmitted to people by food.

While everyone is at risk for food borne illness, there are those that face a higher risk if they consume unsafe food including:

- Infants and young children
- Pregnant women
- Older adults
- People with **weakened immune systems** caused by:
 - Cancer Treatment
 - Bone marrow and organ transplants
 - Diabetes
 - AIDS

These categories include our guest families.



The Basics of Food Safety

“Be Food Safe” means preventing food borne illness through four easy steps:



Clean

WASH hands with warm water and soap for 20 seconds before and after handling food.

WASH cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before you go on to the next food.

RINSE fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.

RUB firm-skin produce (or scrub with clean brush) under running tap water.

BLOT produce dry with a clean cloth towel or paper towel.



Proper Hand Washing: The Most Effective Way to Stop the Spread of Illness

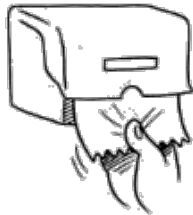
START →



1. Wet your hands and arms.



6. Turn off taps with a paper towel.



5. Use a single-use paper towel to dry your hands and arms.

HAND WASHING STEPS



2. Apply a generous amount of soap.



3. Scrub vigorously. Don't forget backs of hands, wrists, between fingers and under fingernails.



4. Rinse thoroughly.



No Bare Hand Contact

Hands spread germs!

Do NOT touch foods that are ready to eat with bare hands!
Use gloves (we will supply), tongs, deli tissue or other utensils.

You should wear single-use gloves when . . .

- Preparing food, especially when preparing raw meat, poultry and seafood
- During food service
- At all times if you have a cut or wound on your hand
- After taking out the trash

Wash your hands and change gloves . . .

- *Every time* you move on to a new task
- If you touch your hair, face or clothing
- If your glove becomes ripped or torn



Washing Dishes

Dishes washed in a **dishwasher** are **more sterile** than **hand washed dishes**. Dishes too large to fit into the machine, may be hand washed.

To avoid contamination, always remember to wash your hands before putting away clean dishes, whether they have been hand washed or cleaned in the dishwasher.

Dishwasher

- Scrape, rinse or soak items before washing, and presoak items with dried food
- Never overload the racks and use the right rack for the items you are washing
- Load racks so that the water spray will reach all surfaces
- As each rack comes off the machine, check for dirty items and rewash them

Hand washing

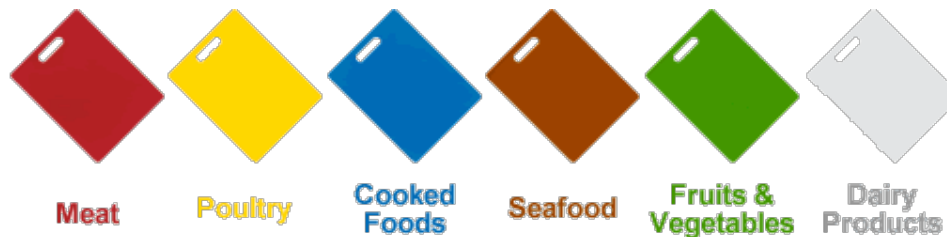
Use a proper dish washing soap (RMHC supplies). Use the hottest water possible, and change the water when necessary. Air dry all items.



Separate

KEEP raw meat, poultry, seafood and their juices apart from other food items in your grocery cart.

USE different cutting boards for each food.



STORE raw meat, poultry, and seafood in a container or on a plate so juices can't drip on other foods.

Be Smart, Keep Foods Apart

Cross-contamination is the transfer of harmful bacteria to food from other foods, cutting boards, utensils, etc., if they are not handled properly.

- Keep raw meat, poultry, seafood, eggs, fruit, vegetables and their juices away from other foods: whether in your grocery cart, grocery bags, refrigerator, *or while preparing*
- Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood
- Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs
- When you go back for seconds, always take a clean plate
- Wrap foods before storing and store in containers used for food ONLY



Prevent Cross Contamination

REMEMBER TO . . .

- Not touch the parts of the dishes, glassware or utensils that come into contact with food (with your hands)
- Stack glasses when carrying them and place them upside down on a clean, sanitized surface
- Store flatware and utensils handles up
- Not use bare hands when serving ready-to-eat food
- Never refill a dirty plate
- Always store all items at least 6 inches off of the floor

NEVER . . .

- Scoop ice with your bare hands
- Serve ice that was used to chill food items
- Use towels for cleaning food spills for any other purpose
- Use the same utensils when handling ready-to-eat food, cut fruits and vegetables and raw proteins
- ***Serve food that you know has been contaminated***



Food Allergies

How do you prevent cross-contamination with food allergies?

- Label any foods containing the most common allergies (i.e. nuts)
- Be prepared to list the ingredients of any dish when asked
- Wash your hands
- Wash, rinse and sanitize cookware, utensils and equipment

Some common allergens:

- Milk and dairy products
- Eggs and egg products
- Fish and shellfish
- Wheat
- Soy and soy products
- Peanuts and tree nuts



Date Your Leftovers

- When storing leftovers, please use the smallest containers possible and label each container with the contents and date.
- Refrigerated leftovers may become unsafe within 3 days



What is the Proper Temperature?

Bacteria multiply rapidly and foods become unsafe when they are in the **Danger Zone** (41° to 135° F) for more than two hours. Cook foods to these proper temperatures:

165° F for 15 seconds

Whole, cut or ground poultry, stuffing or stuffed meats and pastas, reheating leftovers

155° F for 15 seconds

Ground meat or seafood, eggs to be hot held for service

145° F for 15 seconds

Seafood, cut meats, (i.e. pork chops), eggs for immediate service

145° F for 4 minutes

Roasts

135° F for 15 seconds

Ready-to-eat or deep fried foods, pasta, fruits, vegetables, rice or beans that will be held for service



Bimetallic Stemmed Thermometer



The only way to know food has been cooked to a safe internal temperature is to use a food thermometer. You will be provided with thermometers upon arrival. Please check your dishes before serving.

- Can check temperatures between 0° and 222° F
- Can check hot and cold items
- Easy to read
- Retains +/-2° accuracy



THANK YOU!

We appreciate you taking the time to read over these materials.
Encourage the other volunteers in your group to do the same.
A copy of this presentation and more information is kept in the kitchen
at Ronald McDonald House.

Please do not hesitate to contact us with any questions before, during or after
your time here in the House. We want your experience to be a safe and enjoyable one
for all involved.



RMHC[®]
Eastern Wisconsin