Volunteer Food Handler Check List & Statement

**Safe Food Sources**

Volunteers may prepare foods at home under the following conditions: Raw ingredients must be from an approved source that has been licensed and inspected, except for whole uncut fresh fruit and vegetables. Meat products must come from USDA inspected facilities.

**Foods Not Allowed**

The following foods may not be provided: home-canned or home vacuum-packed foods, wild mushrooms, wild game, shellfish, sport-caught fish, raw milk, raw animal foods, eggs or meat products from non-commercial sources, unpasteurized juices, and water and ice from unapproved water systems.

**Volunteer Check List**

Food must be stored, prepared, handled, transported and served in a manner that is consistent with the Food Sanitation Rules (OAR 333-150).

**In your home kitchen:**

- All ingredients must be from approved sources.
- Do not prepare or serve food when you or your family is sick.
- Keep pets outside of the kitchen and food storage areas.
- Hand washing removes germs that cause illness – wash your hands with soap and warm water for about 20 seconds. Use paper towels (not cloth towels) to dry hands.
- Wash hands between tasks and whenever hands are contaminated, especially after using the restroom.
- Use utensils whenever possible and limit hand contact with food.
- Avoid advanced preparation of foods. Minimize reheating and cooling by simplifying recipes and cooking food the day you plan to serve it.
- Limit the time that food is out of temperature control (refrigerator or stove). Keep food temperatures at 140°F or above or 41°F or below.
- After perishable food is prepared and removed from its heat or refrigeration source, it has a 4-hour time limit before bacteria grows enough to make people sick. Discard perishable foods that exceed the 4-hour time limit.
- Fully cook animal products: fish, pork and lamb to 145°F; eggs, beef and ground meats to 155°F; and poultry to 165°F.
- Use a probe food thermometer (range of 0-212°F) to check food temperatures.

**Questions?**

Refer to the Food Sanitation Rules or Contact your Local Health Department

**DHS Foodborne Illness Prevention Program**
(971) 673-0451

Volunteer’s Name: ____________________________________________ Phone #: __________

I have read and agree to follow the Food Sanitation Rules and these guidelines:

Signature: ____________________________________________ Date: __________

For office use only

Food Handler’s Card Expiration Date: _______________ Verified by: __________

Once you have obtained your Food Handlers Card, bring it and this signed statement with you to Potluck in the Park