

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).

Questions?

Refer to the Food Sanitation Rules

Or

Contact your Local Health Department

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

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.
- To prevent bacteria growth, keep hot foods hot (140°F or above) and cold foods cold (41°F or below) at all times, including transporting food to the event.
- 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.

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**