

Food and Beverage Guidance and Training

October 26, 2020

This guidance is provided by the Open for Iowa committee.

*These considerations are meant to supplement—**not replace**—any state, local, territorial, or tribal health and safety laws, rules, and regulations with which businesses must comply.*

Read

- **Most recent [Open for Iowa](#) guidance:**
 - **Under Food:** County Services Insurance Update
 - **Under Extension In-Person Guidance and Protocols:** Guidance and Expectations for In-Person Education and Business
 - **Under Face Coverings:** Face Covering Training and Guidance
- [Service of Food](#) **Sample Standard Operating Procedure**
- [Classroom Food Preparation and Tasting Guidelines](#) **Sample Standard Operating Procedure**
- [Partnership for Food Safety Education: The Core Four Practices](#)
- [Be Food Safe](#)

Food Demonstration Safety Considerations

Educational food demonstrations and nutrition programs led by extension staff or trained extension volunteers are no longer under the communicable disease restrictions. All other food restrictions are still in effect.

- Review [County Services Insurance Update](#) on the Open for Iowa website under *Food* for most recent update regarding food restrictions.
- Enhance employee food safety training, emphasizing employee health and hygiene practices, handwashing, no bare hand contact with ready-to-eat foods, and cleaning and sanitizing.
- Extension staff and trained extension volunteers leading demonstrations or distributing food must be in good health and practice proper hygiene.
- Provide access to adequate supplies and facilities, including hot and cold running water, soap, and disposable paper towels or hand dryer to wash hands or use hand sanitizer frequently, especially:
 - Before and after food preparation, wash hands with soap and water. Hand sanitizer cannot replace handwashing when handling food.
 - Before and after eating.
 - Before and after cleaning and disinfecting/sanitizing .
- No self-serve food options.
 - Eliminate common water pitchers, coffee pots, buffets, etc.
 - Serve individually packaged food and beverages, if possible (water bottles, grab and go food items, condiments, etc.).

- Encourage staff and participants to bring own food and beverages.
- Choose a meal option that can be individually portioned by a third party, if possible.
- Use disposable, prewrapped/individually packaged tableware and other materials, if possible.
- Maintain six feet physical distance between groups and individuals attending alone.
 - Designate with [signage](#), tape, or by other means appropriate physical distancing spacing for employees and participants.
- Water bottle filling station/water fountain recommendations:
 - Do not allow drinking directly from fountain.
 - Do not use personal, refillable containers/water bottles. (Can bring from home to use, just cannot refill directly from fountain.)
- Use new disposable cup each time.
- Create and implement an enhanced cleaning and sanitizing schedule for all food contact surfaces, and cleaning and disinfecting of non-food contact surfaces.

Food Demonstration Procedures

- Review [County Services Insurance Update](#) on the Open for Iowa website under *Food* for most recent update regarding food restrictions and ensure demonstration plan is allowable under current guidance.
- Extension staff and trained extension volunteer expectations
 - Wear a clean apron over clothing.
 - Restrain hair.
 - No jewelry other than a watch and plain band ring.
 - Wash hands correctly for at least 20 seconds prior to handling food and equipment.
 - Use gloves or utensils to prevent bare hand contact with food items.
- Ingredients and supplies
 - Choose food ingredients for the learning activity wisely to mitigate risk of foodborne illnesses.
 - Obtain all food from a reliable source, such as the grocery store.
 - Clean and sanitize work surfaces and equipment that will be in direct contact with food before and after the activity.
 - Sanitizing solution: 1 tablespoon regular bleach per 1 gallon of water or 2 teaspoons of concentrated bleach per gallon of water.
 - Prepare and cook food in a work area specified for food use rather than the classroom as it is difficult to ensure clean and sanitary work surfaces are maintained. If this is not possible, it is recommended that food used for classrooms activities require few preparation steps.
 - Keep raw food (ex: meat) separate from cooked or ready to eat food and produce.
 - Rinse fresh fruits and vegetables under running tap water before use. Do not soak produce in water. Pre-packaged fruits and vegetables labeled “ready-to-eat”, “washed”, or “triple washed” are ready to use and should not be washed again. They should be kept in refrigeration until used.
 - Ensure proper end point temperatures have been reached for food that has been cooked. See [Safe Cooking Guidelines](#).

- Use a calibrated food thermometer to check end point temperatures.
- During storage and service, keep hot foods hot and cold foods cold.
 - Hold cold foods at 40 degrees F or below.
 - Keep hot foods at 140 degrees F or above.
- Participants
 - Any participants handling food as part of a lesson or demonstration must follow proper hygiene procedures.
 - Wash hands correctly for at least 20 seconds prior to and after sampling food.
 - Do not share samples.

Catering and Meals

*County extension offices can contract for catered meals and box lunches for county extension staff, council members, volunteers and participants, but only when the third party is preparing and delivering the food. **4-H clubs** should abide by the same guidance and only serve individually pre-packaged food or food prepared and delivered by a third-party vendor.*

- Review [County Services Insurance Update](#) on the Open for Iowa website under *Food* for most recent update regarding food restrictions.
- Trained volunteers should notify county extension office staff prior to distributing food to review food safety plans and procedures.
- Food should be served by extension staff or trained volunteer in a way so that the serving utensils are not "high-touch" (e.g., only one person touches the serving utensil) and observes appropriate food handling techniques such as:
 - Wash hands prior to serving/distributing meals.
 - Use gloves or utensils to prevent bare hand contact with food items.
 - Keep hot foods hot and cold foods cold.
- Encourage participants to wash hands before meal service.
- Implement process for serving food so that a physical distance of at least six feet is maintained at all times (no self-service/buffet line).
- If physical distance cannot be maintained at all times, staff must wear a cloth face covering that is laundered at least daily.
- Ensure that individuals can eat their meals while practicing physical distancing of at least six feet between individuals or family groups. If necessary, encourage eating in shifts. *Follow all city, county, and state requirements regarding capacity to ensure adequate spacing.*
- Individuals should dispose of their own dishes after eating.

Training

Consult with your nutrition and wellness specialist to determine which training will best meet you and your county's needs.

Resources

[ISU Extension and Outreach Food Safety](#)

[Human Sciences Extension and Outreach Food Service Employee Training Videos](#)

- Employee Health and Hygiene
- Time and Temperature
- Cleaning and Sanitizing

This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/diversity/ext.