

## **Kehillah Food Deliver During COVID -19 Pandemic**

The Kehillah congregation should be prepared to assist in bringing food to congregants who are quarantined at home due to COVID -19 *exposure* or are recovering at home from COVID-19 *infection*. This activity can only be conducted if we minimize, as much as we can, the risk of infection to the “helper” and the risk of infecting the “recipient” if they are not already infected.

### **Here are some facts:**

Coronaviruses are generally thought to be spread from person-to-person through respiratory droplets. **Currently there is no evidence to support transmission of COVID-19 associated with food or food packaging.** Before preparing or eating food it is important to always wash your hands with soap and water for 20 seconds for general food safety.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. In general, *because of poor survivability of these coronaviruses on surfaces, there is likely very low risk of spread from food products or packaging at ambient, refrigerated, or frozen temperatures*, however, it is critical to follow the 4 key steps of food safety—clean, separate, cook, and chill.

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

<https://www.foodsafety.gov/keep-food-safe/4-steps-to-food-safety>

### **Guidelines for Kehillah food delivery:**

1. The helper should communicate with the recipient by phone about what they want and can eat and their ability to store and prepare food.
2. Food can either be prepared at home or ordered out and delivered to the helper. Ordering from a place like Med Deli will provide safe packaging of each food item and a carry-bag for all the items.
3. Food to be delivered (hot, frozen or chilled) to the recipient should be placed in disposable packaging (as suggested, food ordered out or pre-packaged frozen food will already be packaged) and then placed in a plastic or paper bag.
4. If available, the helper can place a few antimicrobial wipes in a zip lock bag so the recipient can wipe down the food packaging prior to opening, but this is not required. The recipient can also use soapy water to wipe down the packaging if wipes are not available.
5. The helper and the recipient must be in phone contact to agree on the exact time the food will be delivered.
6. The helper will leave the bag at the front door of the recipient and either knock or ring the doorbell or tell the recipient they are at the front door by phone or text.
7. The helper should retreat from the food bag (at least 6 ft or more) and hopefully watch the recipient pick up the food bag. Regular conversation may be difficult from that distance but having a phone conversation at that point may be comforting to the recipient if they can see the person who brought the food.