



Wabano Community Kitchen Group Rules

These rules were made by the community kitchen group & are subject to change.

- Be on time. We start at 10:30; 11 am is the cut off time.
- Everyone needs to be at community kitchen from 10:30-1:30pm; please book appointments outside of community kitchen hours. If you have an appointment during community kitchen hours we will ask you to come back the following week, no exceptions.
- Participation for the entire session is mandatory in order to have a meal
- Everyone helps with setting up tables and chairs and putting them away.
- No food in the sink; please put food scraps into compost bin.
- Use the recycling bins. Very little should be going into the garbage can.
- Everyone is responsible for cleaning up their stations and their dishes.
- Clean up as you go so we avoid having a pile of dishes at the end!
- We will begin each session with a check in (10 minutes) and we'll have the smudge bowl ready for those who would like to smudge.
- Bring plastic containers and jars for leftovers.
- Good hygiene is mandatory.
 - a. Everyone needs to wash their hands before entering the kitchen;
 - b. Everyone needs to wear shirts with sleeves.
 - c. Anyone with a cold/sneezing/coughing should not participate in food preparation. We encourage you to stay home if you are sick.
- Everyone needs to wear a hair net and gloves when working in the kitchen. Change your gloves if you touch cupboards/drawers or after you use the washroom.
- Please leave your valuables (money, wallets, cell phones, etc.) at home or keep on your person during community kitchen, Wabano is not liable for any lost or articles. *New* Personal belongings cannot be stored in offices. Anyone caught stealing/going through other peoples belongings will be asked to leave.

- Communication is key! Communicating with each other helps to prevent accidents & allows us to work as a team.
- Have fun & learn!

Community Kitchen Health & Safety Rules

- Everyone needs to wash their hands thoroughly for 20 seconds to send bacteria down the drain. Always wash hands before handling food and after handling meat (beef), poultry (chicken), eggs, and seafood and after changing diapers, and using the washroom.
- Clean and then sanitize counter tops, cutting boards and utensils with a mild bleach solution (5ml/1 tsp. bleach per 750ml/3 cups water) before and after food preparation. ☒
- Foodborne illness can produce symptoms from mild to very serious. Illness can occur anywhere from 30 minutes to two weeks after eating food containing harmful bacteria.
- People who are most likely to become sick from food-related illness are infants and young children, senior citizens and people with weakened immune systems.
- Always wash hands, cutting boards, dishes and utensils with hot, soapy water after they come in contact with raw meat, poultry and seafood. Sanitize them for the safest results. Plastic cutting boards can be cleaned and sanitized in the dishwasher.
- Use one cutting board for fresh produce and use a separate one for raw meat, poultry and seafood. Watch those juices! Make sure to clean cutting board before using it.
- Never place cooked food back on the same plate or cutting board that previously held raw food.
- **Serve and Preserve:** When serving cold food at a buffet, picnic or barbeque, keep these cool tips in mind:
 - Cold foods should be kept at 4°C (40°F) or colder.
 - Keep all perishable foods chilled until serving time.

- Place containers of cold food on ice for serving to make sure they stay cold.
- Refrigerate custards, cream pies and cakes with whipped cream or cream cheese frostings. Don't serve them if refrigeration is not possible.
- Cooking times vary for meats, poultry and fish. After cooking, keep foods out of the "danger zone" (4°C to 60°C or 40°F to 140°F) by preparing them quickly and serving them immediately
- Foods are properly cooked when they are heated for a period of time at a high enough temperature to kill harmful bacteria that can cause foodborne illness. Keep all soups, chili and hot dips piping hot before serving.

Source: <http://www.canfightbac.org/cpcfse/en/>