



Food Safety Checklist

Keep It Clean! Serve Food Safely!



This checklist is intended as a training tool for youth campers

who are helping serve food in camp kitchens. The Camp Cook or other food safety trained volunteers will review this checklist with the youth campers prior to the campers helping in the kitchen.

✓	My Commitment To Making Camp Mealtime Food Safe
	I will wash my hands and fingernails with soap and warm water for 20 seconds or more before and after preparing food. (And during if they get dirty again.)
	I will wash my hands after visiting the restroom, touching face, hair, nose, pets, lizards, snakes, fish, bugs...etc., etc.
	I will use clean utensils, clean gloves and clean hands to handle and touch foods.
	I will use CLEAN GLOVES to handle and serve ready-to-eat food. No bare hand contact with ready-to-eat food is allowed.
	I will wash my hands or get a new pair of gloves after touching raw food.
	I will clean and sanitize food preparation areas BEFORE, DURING, and AFTER preparing food.
	I will wear clean clothes or a clean apron.
	I will tie my hair back with a baseball cap, scarf, or hair net.
	I will not wear dangly jewelry or artificial nails that can break and fall into the food.
	I will not "double-dip" when tasting food others will also eat.
	I will not prepare or serve food if I am sick. Persons who are sick SHOULD NOT prepare or serve food.
	I will not cough or sneeze over food I am serving others. If I need to cough or sneeze, I will do it into my shoulder or elbow.
	If I have any open wounds, scabs, or bandages on my hands, I will completely cover them with a disposable glove while handling food.
	I will not eat, drink, or chew gum in the camp kitchen, serving, or dining area.
	I will not allow pets in the food preparation and serving areas unless they are "service dogs".
	I will not touch food with my fingers that I am serving to others.
	I will not touch tops of beverage cups or the serving end of utensils with my fingers when serving others.
	If a food item falls onto the ground, I will pick it up, put it in the trash can, and then wash my hands. If I am wearing gloves, I will throw them in the trash, wash my hands and put on clean gloves.

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Thanks to Anna Martin, Dorothy Smith, and Susan Donohue of UC Cooperative Extension for developing this checklist.
This checklist and other camp safety guidance may be accessed at <http://ucanr.edu/4hcampsafety>