

STOP!
DON'T TOUCH!



AVOID BARE-HAND CONTACT WITH ANY READY-TO-EAT FOODS

Ready-to-eat foods are those that do not require any further cooking. Avoid cross-contamination at mealtimes. When assisting at meals, do not use bare hands to hold foods such as:

- Toast
- Bread
- Rolls
- Cookies/Muffins

Keep a physical barrier between your clean hand and the ready-to-eat food

Food example, when adding jelly to toast, either:

- Wear a clean glove
- Hold the toast with deli paper
- Use the knife and fork or tongs for holding

Wash hands between any contamination

This also means you must wash your hands if you touch anything that is even possibly contaminated. Remember:

- Place gloves on clean hands
- Change gloves often, because gloves can get contaminated the same as hands
- Remove gloves when contaminated, rewash your hands, and put on clean gloves

Do not wear gloves when feeding others

Treat residents or patients with the same dignity you would like for your own family. Strive to create a homelike environment.



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