

# Frontline Foods- Food Requirements

**Please note: No persons with any illness symptoms (cough, congestion, fever, sore throat, runny nose) should be preparing or delivering food. Nor should anyone who lives with someone who has been diagnosed with COVID.**

## Meals

Please make a complete meal. These folks work long, stressful shifts.

- We prefer hot meals (cooked to temp, cooled, and sent cold to be reheated).
- The doctors and nurses will not be eating the food immediately, but on staggered breaks throughout the 12-hour shift. The food should be ready for them to reheat as needed.
- A meal contains: Protein, Starch, and Vegetables.
- Please include some vegetarian meals ( $\frac{1}{4}$  to  $\frac{1}{3}$  vegetarian meals)
- Vegan and/or gluten-free meals are welcome but not required
- Allergens: please no peanuts. Please note any other allergens on menus.
- Salads are welcome, with dressing in a separate container
- The doctors and nurses will not be eating the food immediately, but on staggered breaks throughout the 12-hour shift. The food should be ready for them to reheat as needed.
- We prefer hot food (cooked to temp, cooled, and sent cold).

## Food Safety

- You must follow WCK Health & Safety Guidelines (separate doc)
- Cook all food to proper temperatures and then chill before packaging. The hospitals have microwaves and are able to reheat food on-site as needed.
- Wear gloves while preparing (take photos to share on social media of clean preparation).
- Package each portion in its own box, no sharing containers.
- Label all containers.
- Seal all boxes with tape or a decal (can be your logo).
- Provide a few copies of your complete menu with ingredients and allergy listings for each dish.
- Include disposable cutlery and napkins.
- Please wear gloves when delivering.
- Change gloves for each delivery.

## Other Notes

- Branding: put your logo on packages and include menus in the delivery containers so the clinicians know where it's from and can show you love.
- Payment: Provide us with your Venmo or PayPal account for payment.
- Social Media: Tag @frontlinefoods and hashtag #sfhospitalmeals. Give a shout out to the hospital staff too! We will repost on as many platforms as possible.
- Photos: share with us to promote the fundraising efforts, text: 832.686.1673