Guidance for Food Packing, Delivery, and Pickup During COVID-19

In Accordance with Guidelines Published by the Los Angeles County Department of Public Health

This packet provides the following information:

1. Proper Food Handling and Holding
2. Pick Up & Delivery
3. Dietary Recommendations
Proper Food Handling and Holding

+ Food should be packaged in tamper-evident packaging and maintained so that it is not exposed to potential contamination during delivery.

+ Provide a product description label (example Turkey Pot Pie)

+ Label must state: Keep Refrigerated and a Use by Date

+ Delivered food must be transported or held in containers made of smooth, washable and impervious materials that are able to withstand frequent cleaning.

+ Maintain clean, insulated carriers in the vehicle for the storage of food during transportation. Carriers should be leak-proof and maintain food at proper holding temperatures.

+ When delivery time exceeds 30 minutes, food must be maintained at either cold (below 41˚) or hot (above 135˚) temperatures.

Individual Food Packaging
Pick Up and Delivery

+ Restaurants should have all to-go items packaged and bagged, including utensils, napkins, and condiments. This ensures drivers do not need to touch any additional items during the pick-up transition.

+ Advise drivers to maintain social distancing of six feet away from consumers while awaiting orders.

+ Provide cloth face covering for all staff and ensure they wear them at all times when interacting with each other or with clients.

+ Drivers must maintain the interior of vehicles in a clean and sanitary manner, including the trunk and/or rear storage areas.

+ Drivers must store food inside a clean and disinfected secondary container for transportation.

Delivery of Food

+ Drivers should never touch food, all food must remain in its original packaging.

+ Avoid close contact with consumers.

+ Recommend drivers arrange with the consumer to leave the food at the doorstep so that consumer can retrieve food once the delivery driver has stepped away.

Other Guidance for Delivery Drivers

+ Drivers should use a disinfectant approved by the EPA in accordance with label directions to clean and disinfect common touchpoints.

+ Areas that should be cleaned regularly in the vehicle include the steering wheel, radio buttons, gear shift, and door handles.

+ Drivers picking up food are allowed to use a restaurant’s restroom to perform proper handwashing procedures prior to picking up food for delivery.

Source: LA County Public Health
City of Los Angeles Department of Aging’s Dietary Recommendations for Senior Meals

<p>| | |</p>
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<thead>
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| 3 | Ounces of protein  
  |   meat, fish, poultry |
| 2 | 1/2 Cups fresh fruit or vegetables  
  |   Vitamin A fruit OR vegetable and vitamin C fruit |
| 1 | Grain/starch requirement  
  |   rice, noodles, breads |
| 1 | Dessert  
  |   fresh fruit or canned |
| 1 | 8-OZ milk  
  |   low fat, non-fat or shelf stable whole milk |
City of Los Angeles Department of Aging's Sample Weekly Menu for Senior Meals

<table>
<thead>
<tr>
<th>INSTRUCTIONS</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td></td>
<td>LS Tomato Basil Soup 6 oz. Ladle</td>
<td>Orange Juice 4 oz.</td>
<td>No Soup</td>
<td>No Juice</td>
<td>Tortilla Soup (no cabbage, corn or kale) 6 oz. Ladle</td>
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<tr>
<td>MEAT OR ALTERNATE</td>
<td>S-Tuna Salad Cold Plate (July-October/April-June) w/Oil &amp; Celery, 1/4 c Scoop</td>
<td>Tandoori Style Chicken 3 oz. Chicken Breast 1 oz. LS Sauce</td>
<td>Spaghetti w/Meatballs 3 oz. Grd Beef 2 oz. LS Tomato Sauce 1 meatball = 1/4 oz. 6 = 1 serving</td>
<td>Tarragon Turkey Stew 3 oz. Turkey [pieces] 1/2 c mushrooms, 2 carrots 1/4 c barley 1 oz. LS Sauce 2 x 4 oz. spoodles</td>
<td>BBQ Chicken 3 oz. Chicken [EP] 1/2 x 2 spoons 1 oz. LS BBQ Sauce 1 meatball 1/4 oz. 6 = 1 serving</td>
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<tr>
<td>WHOLE GRAIN BREAD OR ALTERNATE</td>
<td>Whole Grain Roll 1 W-WG Noodles in Entrée To equal 1/2 c</td>
<td>Pita Bread 1/2 slice Brown Rice 1/2 c #8 Scoop</td>
<td>WG Pasta w. LS Tomato Sauce 1/2 c 4 oz. Spoodle</td>
<td>Biscuit TFF – One</td>
<td>WG Roll – 1 each</td>
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<tr>
<td>VEGETABLES/FRUIT</td>
<td>Broccoli Salad (broccoli, red onion) 1/2 c 4 oz. Spoodle</td>
<td>**Spinach Salad w/ Cucumber 1c-2x4 oz. spoodles Vinigarette Drg</td>
<td>Italian Vegetable Blend [snowflown, Italian Beans, zucchini] 1/2 c 4 oz. Spoodle</td>
<td>Stew Vegetables in Entrée to equal 1/2 cup</td>
<td>LS Black-Eyed Peas 1/2 c 4 oz. Spoodle</td>
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<tr>
<td>VIT A &amp; D FOR THOSE OVER 50</td>
<td>Orange or Strawberries 1 orange to equal 1/2 cup or 1/2 c Berries 4 oz. Spoodle</td>
<td>***Cantaloupe or [+] Bananas 1 each = to 1/2 cup</td>
<td>Fresh Fruit Cup (no tangerine, orange, cantaloupe, apple or banana) 1/2 c 4 oz. Spoodle</td>
<td>Apple or Applesauce 1 each = to equal 1/2 cup or 1/2 c 4 oz. Spoodle</td>
<td>LF or NF- 8 ounces 1 meatball 1/4 oz. 6 = 1 serving</td>
</tr>
<tr>
<td>WATER 6-8 OUNCES (CJ)</td>
<td>Water 6-8 ounces</td>
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<td>Water 6-8 ounces</td>
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</tbody>
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*Vit C; **Vit A; ***Vit A & C  [+] High Sodium over 1000 mg. [+] Potassium-Rich