

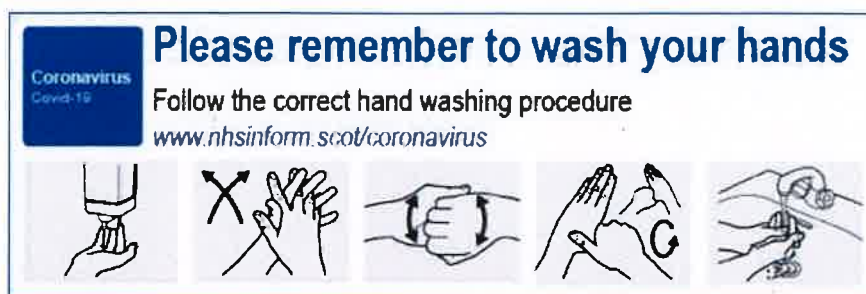
## COVID 19: Guidance on food provision to persons self-isolating

### East Lothian Council Environmental Health

This guidance applies to food provision within families and/or community groups to those self-isolating.

#### Handwashing and personal hygiene

Current scientific advice does not support transmission of the COVID 19 virus via food. It is however essential that suitable hygiene controls are in place for food handling. You should refer to NHS guidance on handwashing.



Anybody displaying suspected symptoms of COVID 19 must self-isolate and not be involved in food preparation or delivery. For further information, please see [www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection](http://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection)

#### Food provision

During these times, Environmental Health advise that food provision be kept as simple and as low risk as possible.

#### Required food controls

- Ensure all foods are within manufacturer's use by date
- Food preparation areas must be clean and disinfected
- Food preparation
  - Cooked foods to be piping hot/boiled
  - If requiring cooling, ensure to cool as quickly as possible and place in refrigeration
  - Cold foods to be immediately covered and chilled
- Don't prepare food too far in advance
  - Ideally food should be eaten on the same day. If not, then eat within two days of preparation
  - A bulk food delivery could be frozen on day of delivery and defrosted in a fridge overnight before reheating
  - If you are reheating foods they need to be piping hot throughout
- Food delivery
  - Make sure hot food is delivered hot and cold food is delivered cold
  - Minimise personal contact during delivery, bearing in mind social distancing
  - We recommend single use food containers

#### Some questions to consider

- Does the person have any allergen requirements?
- Is the food suitable for the individual? For example an older member of the community might require food ready to consume and not requiring reheating

Any questions please contact Environmental Health at East Lothian Council

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