



**COVID-19**  
**Service**  
**Resumption**  
**Guidance for**  
**Personal Chefs**

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# COVID-19 Personal Chef Response



Personal Chefs have a history as leaders in assuring safe and healthy dining experiences in people's homes. As a personal chef, your professional training in food safety practices is critical now more than ever.

At the heart of that food safety culture is the U.S. FDA's Food Code which provides operating direction not only for the safe preparation of food but for all aspects of health, personal hygiene and sanitation. The purpose of the Food Code is to prevent and reduce the incidence of foodborne illness. Those requirements related to health, personal hygiene and sanitation form the basis to combat the risks related to the spread of Covid-19.

- 01 PROHIBITING SICK EMPLOYEES TO WORK**
- 02 STRICT HANDWASHING PRACTICES THAT INCLUDE HOW AND WHEN TO WASH HANDS**
- 03 STRONG PROCEDURES AND PRACTICES TO CLEAN AND SANITIZE SURFACES**

# COVID-19 Response

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For over 25 years, the United States Personal Chef Association has provided training in safe food management practices for personal chefs as well as liability insurance for its members.

Membership requirements in USPCA include a minimum standard of a food handler certificate but it is encouraged that all members obtain a higher level of training by obtaining a food safety manager certification. Certified Personal Chefs are already required to have and maintain a food safety manager certification as one of their requirements to obtain and retain their credential.

The purpose of this guidance is to build on the already established best practices and requirements to address specific health and safety concerns related to the spread of Covid-19 and the planned re-opening of communities according to rules to be determined by state and local officials.

Whether working for yourself or with a team of cooks who work with you, you have a responsibility to be prepared and should address this guidance as it relates to existing polices and your state's procedures on what will be permitted during their phase of re-opening.



# Ongoing Guidance: Personal Chefs

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- State and local officials may need to tailor the application of opening criteria to local circumstances (e.g., metropolitan areas that have suffered severe COVID outbreaks, rural and suburban areas where outbreaks have not occurred or have been mild).
- To ensure compliance with re-opening instructions in your area, be clear about your policies and operating procedures in accordance with CDC/FDA/EPA guidance and aligned with your state officials regarding:

- SOCIAL DISTANCING AND PROTECTIVE EQUIPMENT
- PERSONAL AND EMPLOYEE HEALTH
- CLEANING/SANITIZING/DISINFECTING

- This document will serve to provide minimum basic guidance for use by personal chefs to modify their policies and procedures and is designed to provide you with a summary of recommended business practices that can be used to mitigate exposure for you, your clients and their families to the Covid-19 virus. Using your existing policies gleaned from the Food Code, additional training on food safety practices as well as partnerships at the state and local level, this guidance is designed to help you build additional policies as a path forward to operating safely.

# Home Dining Operating Guidance

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## Food Safety

- Shop fresh and discard all client's food items that are out of date.
- Continue to practice food safety practices including proper temperatures, avoiding cross contamination, attention to allergens, etc.
- Demonstrate to customers your commitment to their safety and ensure food manager certification is up-to-date and provide food handler training to refresh employees if you have them.
- Wash your hands FREQUENTLY and vigorously for at least 20 seconds at a time.

## Cleaning and Sanitizing

- Thoroughly detail clean and sanitize the working area(s) in your client's kitchen. Focus on high contact areas that would be touched by both you and homeowners. Recognize that you'll be walking through the house as well so do not overlook seldom-touched surfaces. Follow sanitizing material guidance to ensure effective cleaning and to protect surfaces. Some sanitizers can damage certain surfaces.
- Avoid all food contact surfaces when using disinfectants.
- Consider sanitizing high-touch surfaces (door knobs, bathrooms you would use) as you enter and leave the house.
- While working in a client's home, clean and sanitize client dining areas and work areas of the kitchen. Be your client's advocate by reminding homeowners that they should frequently and thoroughly wash their hands too, and use hand sanitizers with a minimum of 60% alcohol when hand washing is not available.



# Home Dining Operating Guidance:

## ***Monitor Health and Personal Hygiene***

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- If you or your employees are sick, you and they should remain home. Consider asking another chef to substitute for you for that service until you are healthy. Follow CDC guidelines to self-isolate for seven days from the onset of symptoms and be symptom free for 3 days without medication.
- Determine the health of your clients by asking them the key questions below. If you have ANY concerns about the health of your clients, you should decline the service.
  - DO YOU HAVE A TEMPERATURE OF 100.4° OR HIGHER?
  - DO YOU HAVE A COUGH?
  - DO YOU HAVE SHORTNESS OF BREATH OR DIFFICULTY BREATHING?
  - DO YOU HAVE CHILLS?
  - DO YOU HAVE REPEATED SHAKING WITH CHILLS?
  - DO YOU HAVE MUSCLE PAIN?
  - DO YOU HAVE A HEADACHE?
  - DO YOU HAVE A SORE THROAT?
  - DO YOU HAVE A NEW LOSS OF SENSE OF SMELL OR TASTE?
- Per CDC recommendations, face coverings have been shown to mitigate risk from both symptomatic and asymptomatic individuals. In some states and local jurisdictions, face coverings are required by government officials. In all cases, those coverings worn by employees should be kept clean in accordance with CDC cleaning guidance. Employers requiring face coverings should develop a policy based on CDC guidance.
- You and any employees should maintain an increased frequency of hand washing, or at least the use of hand sanitizers with a minimum of 60% alcohol. Be sure to avoid touching hands to face.



## Home Dining Operating Guidance

### ***Monitor Social Distancing***

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- Remind homeowners of the importance of maintaining a minimum of 6 feet of separation from you. Ideally, the kitchen would be off limits to anyone in the home while you are cooking.
- If you are serving a meal, limit the amount of contact with guests. Conversation is fine but wear a mask and stay at least six feet away from guests. Set the table in advance and limit changing place settings. Do not clear the table until guests have left the room.
- Wear gloves throughout the service.
- If payment is made at the time of service, consider contact-less systems like PayPal or Venmo.
- Use technological solutions where possible to reduce person-to-person interaction. Consider services like Instacart to deliver groceries to your clients where available.
- If you have employees or will be using temporary staff, be sure to educate them on all of your safety processes.