

Love Serves Safely



Food Safety Tips for Our Shared Church Meals

Inspired by careful preparation and love – "Let all that you do be done in love"
(1 Corinthians 16:14)



mattmeinke.com



askanadventistfriend.com



msn.com

Sharing a meal every time we gather is one of the sweetest expressions of our church family's love and fellowship. Just as the early church broke bread together with glad hearts (Acts 2:46), we bring dishes from home to enjoy together. These simple food-safety habits help us protect one another and honor God through thoughtful stewardship.

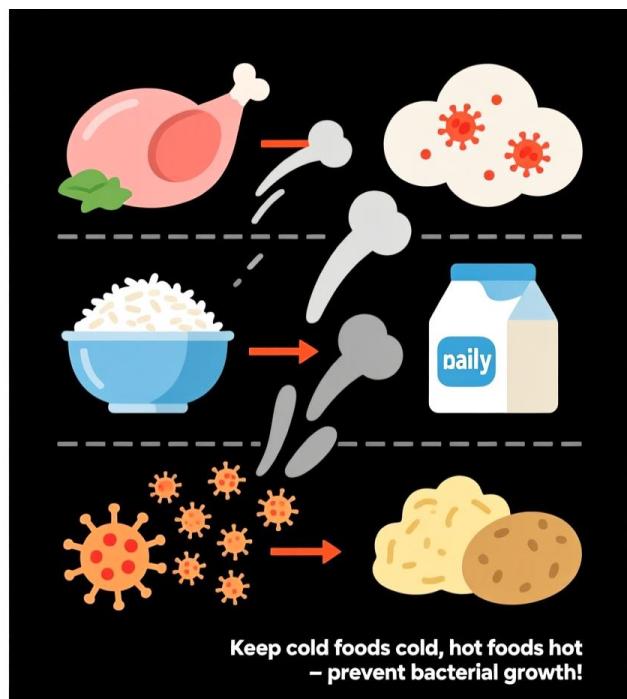
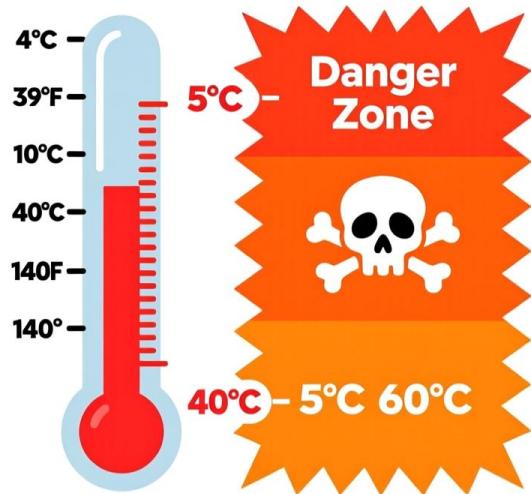
Remember our joyful reminder after prayer: “Loving Jesus is Washing Your Hands!”

1. Keep Food Out of the “Danger Zone”



canr.msu.edu

FOOD TEMPERATURE DANGER ZONE: 5°C - 60°C (41°F - 140°F)



spice.alibaba.com

Bacteria grow fastest between **40°F and 140°F**. Don't leave perishable food out longer than **2 hours** (or **1 hour** if it's warm outside).

- Keep hot foods hot (>140°F) – use slow cookers or insulated carriers.
- Keep cold foods cold (<40°F) – use coolers with ice packs.

2. Wash Hands Thoroughly – “Loving Jesus is Washing Your Hands!”

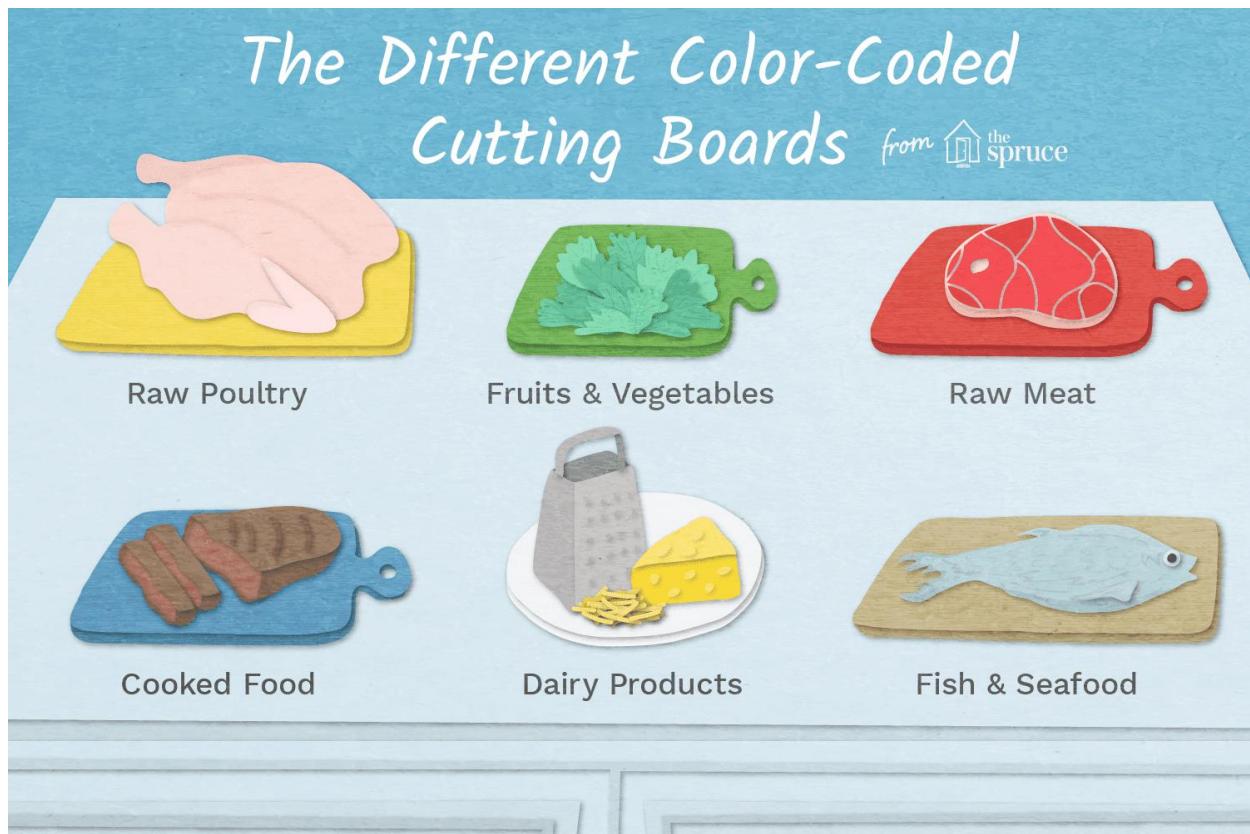


[cdc.gov](https://www.cdc.gov)

Clean hands stop the spread of germs (norovirus is a common cause of outbreaks). Remember our fun reminder after prayer!

- Wash with soap and water for **at least 20 seconds** – before and after handling food, raw meat, or using the bathroom.
- If you’re sick (especially with stomach issues), kindly let someone else prepare or serve your dish that day.

3. Prevent Cross-Contamination



thespruceeats.com

Keep raw meats separate from ready-to-eat foods.

- Use **separate cutting boards and utensils** for raw meat/poultry and for fruits/vegetables.
- Wash counters, knives, and hands after touching raw items.

4. Cook and Reheat to Safe Temperatures



serious eats.com



anytimestaff.com.au

Use a food thermometer – color alone isn't enough!

- Ground beef: **160°F**
- Poultry: **165°F**
- Casseroles and reheated dishes: **165°F**

5. Safe Home Canning



melissaknorris.com



toriavey.com

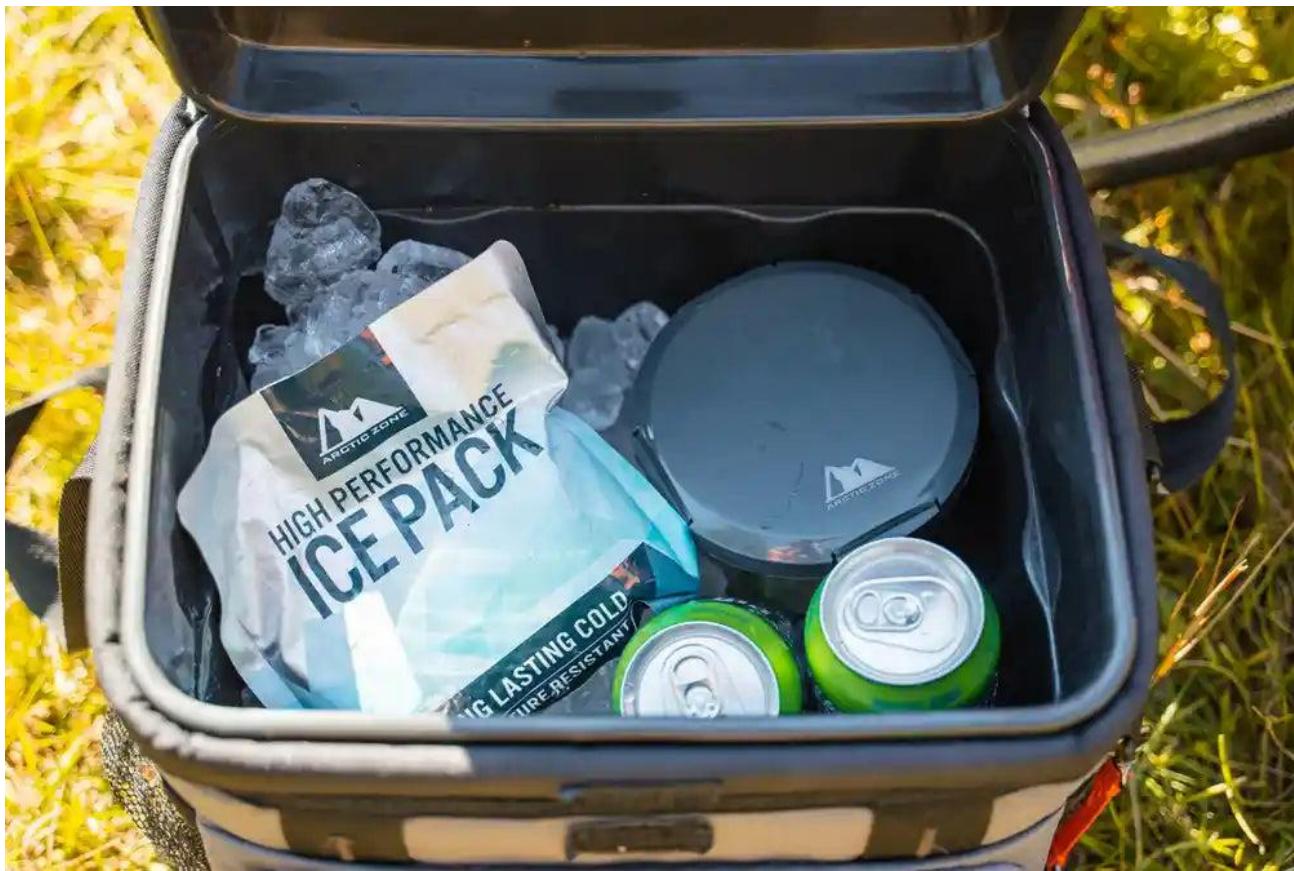
Improper canning of low-acid foods can cause deadly **botulism**.

- Use a **pressure canner** (not a water-bath canner) for low-acid foods (vegetables, meats, soups).
- Always follow current USDA-tested recipes exactly.
- Boil home-canned foods for **10 minutes** before serving.

6. Transport and Serve Safely



thespruce.com



arcticzone.com



southernliving.com

- Use insulated carriers or coolers with ice packs for the trip to church.
- Cover dishes to protect from insects and germs.
- Use serving spoons (not fingers).

When in doubt, throw it out! Small acts of care show great love for our church family.

Helpful Resources

- foodsafety.gov
- nchfp.uga.edu (National Center for Home Food Preservation)

Feel free to print and share this handout at our next gathering!

May our shared meals always be safe, joyful, and filled with the love of Christ.