

**Suggested Guidelines for  
Project Resilience Local Food Distribution Teams  
(Updated March 23, 2020)**

*Our priority is protecting the health of our municipal distribution teams as well as those who have requested assistance.*

*Please consider the most effective way to deliver meals with the least involvement of staff and/or volunteers. This means limiting the number of individuals involved in this task, using healthy adults who are able to efficiently and effectively perform this task, and providing contactless meal deliveries (i.e. “knock & drops”).*

**For municipal meal distribution volunteers:**

**Individuals should not be assigned to this task if any they answer yes to any of the following:**

- Do they meet any of the criteria from CDC’s list of people who are at higher risk for severe illness? (65 or older, have other high risk conditions, etc.)
- Have they been within 6 feet of anyone who has expressed mild, moderate, or severe symptoms in the *last three days*?
- Have they experienced mild, moderate, or severe symptoms (fever, cough, or difficulty breathing) in the *last fourteen days*?
- Have they travelled internationally in the last fourteen days, or has been on a plane in the last fourteen days?
- Are they in a household with anyone in active quarantine status?
- Do they have a temperature of 100 degrees F or 37.8 degrees C or above?

**If an individual has answered yes to any of these questions, they may not participate in meal distribution.**

**During shift, volunteers delivering meals:**

- Wash hands and/or sanitize hands immediately at the start of each shift.
- Wear a mask or physical face barrier if desired/available.
- Wear gloves if available - gloves need to be changed any time a person touches any part of their face; gloves should not be washed.
- If gloves are not available – wash or (or sanitize if a hand washing station is not available) after touching face or a soiled item or surface.
- Maintain a distance of 6 feet from other volunteers.

For home delivery of meals, please call ahead to inform meal recipients that a delivery is coming, then provide a “knock and drop”. We are only advising no-contact deliveries.