



Are you helping to provide food to your community?

Advice and information on Food Safety, Nutrition, Shopping and Delivery

Now more than ever, food safety matters to protect Newham residents and the NHS.

Failure to follow the correct food safety guidance can have serious consequences.

Even mild cases of food poisoning can be dangerous for the elderly and sick.

If you or your organisation is planning to offer food to people in your community please email: food@newham.gov.uk



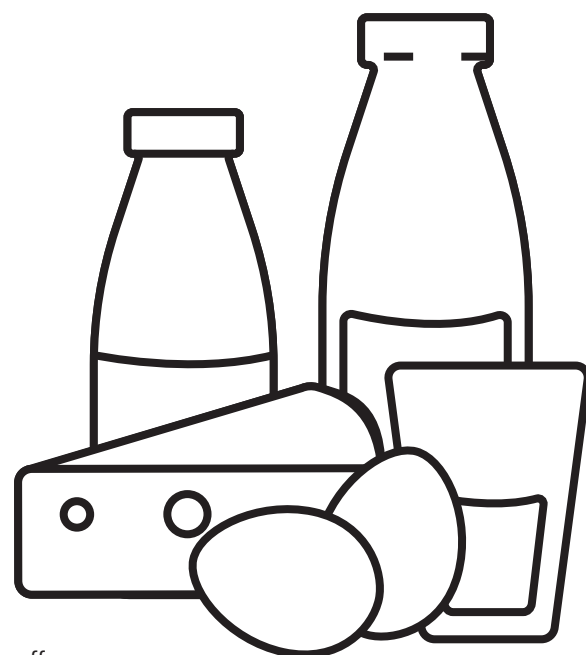
FOOD SAFETY: Individuals and small community groups

NOW MORE THAN EVER FOOD SAFETY MATTERS TO PROTECT RESIDENTS AND THE NHS

Home cooking: Thank you for helping your neighbours!

But

- Domestic kitchens are not designed for catering operations
- Do not try large scale food production...
- ...but a meal for a friend, a relative or neighbour in need could really help
- Be very mindful of food allergies, always ask the person you are cooking for
- If you are not sure, stop and think about alternative ways you might be able to help. For example, can you offer to collect their groceries? Would they appreciate a chat on the phone?
- You can also offer to volunteer for the Council's #HelpNewham offer. To sign up to volunteer, please email us directly at volunteers@activenewham.org.uk or call **020 3770 4444**.





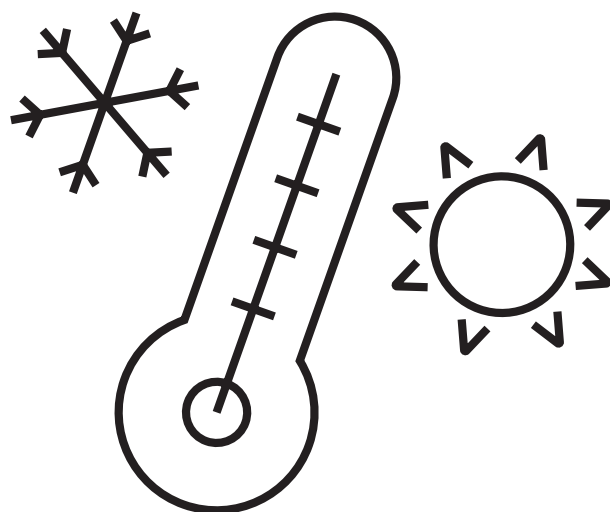
FOOD SAFETY: Faith and voluntary sector community groups

NOW MORE THAN EVER FOOD SAFETY MATTERS TO PROTECT RESIDENTS AND THE NHS

**To larger faith organisations which have facilities:
Thank you!**

Please remember the following:

- Do not overstretch
- Do not prepare too much in advance
- Always follow food hygiene best practice particularly around temperature control and avoiding cross contamination
- Follow national food and safety guidelines



NUTRITION ADVICE

EAT TO BEAT COVID!

Now more than ever a healthy diet can make you a champion ready to fight back.

Foods rich in nutrients can boost your body's ability to stave off harmful pathogens. Covid-19 needs the same treatment for us to beat it. Here are some hints and tips:

- Eat 5 portions of fruits and vegetables per day. Fresh, frozen or tinned all count towards your 5-a-day
- Frozen and canned fruits and vegetables are just as healthy as fresh ones. Buy enough for a few days to avoid frequent visits to the shops but remember to shop sensibly so that other people can also get what they need
- Get your proteins from beans, pulses, fish, eggs and other meat alternatives. They are often cheaper and have a long shelf-life
- Use garlic and ginger, which help fight infections
- Stay hydrated and drink plenty of water (at least 2 litres)
- Maintain a healthy, nutritious diet to beat COVID-19





SHOPPING

SHOP FOR THE ESSENTIALS! (SO THAT ESSENTIAL WORKERS DON'T MISS OUT)

When you take what you don't need in panic, essential workers and the most vulnerable miss out

Buying more than you need and panic buying affects:

- NHS workers and other essential COVID-19 workers who can only get to the shops at the end of a long shift late in the day
- those trying to support the old and vulnerable
- the opportunity for others to get what they need

Shop sensibly to help all our residents remain safe and beat COVID-19.



DELIVERING FOOD TO OTHERS

EAT TO BEAT COVID!

If you are helping a neighbour or friend to isolate by providing groceries. Thank you!

It is a legitimate reason to be out of your house.

The best way to help your neighbour in this instance is:

- Call them and make an exact list of what they need
- Follow the instructions and signage in the store
- Move carefully around the shop and keep 2 metres distance between you and other people
- Use one hand to collect the food you need
- Avoid touching your face and anything except the food you are buying
- Hold bags with the clean hand (that you haven't used to pick up items)

When delivering:

- Knock and walk at least 2 metres away from the door
- If the person you are delivering groceries to cannot lift the bag, ask them to step back to a safe distance (at least 2 metres) and then place the bag inside the door for them. They may need to take individual items out of the bag and make multiple trips to the kitchen. Do not go inside to help them.

Use hand sanitiser throughout. Once you are back home, wash your hands with soap, for at least 20 seconds

