

This is an important message about our potluck lunch!

Dear NOFA-CT Winter Conference Participant:

Enjoying our traditional potluck brings with it a set of responsibilities that are sensible, practical, and easy-to-employ. In order for everybody to enjoy a safe and tasty potluck experience, we ask that you follow the following guidelines as you prepare and transport your delicious contributions to the conference:

- **Sanitation Practices:** When preparing your dish, please remember to pay attention to your sanitation practices, such as thoroughly and appropriately washing your hands, use gloves or tongs to handle foods, and keep your hair neatly out of the food preparation process.
- **Ingredients:** Use fresh, unexpired ingredients and prepare them according to the recipes—ensuring that you cook your food to appropriate temperatures. If you are using potentially hazardous ingredients such as animal proteins, melons, dairy products, etc., please handle carefully and avoid cross contamination.
- **Keep it clean!** Wash your hands (scrubbing for 20+ seconds with warm water and soap). If you feel ill, please don't participate. Sanitize your surfaces. Keep utensils and cooking vessels clean and sanitized.
- **Keep it separate!** Don't cross-contaminate your ingredients. Wash fruits and vegetables!
- **Cook your food to appropriate internal temperatures:** 145°F for fish, shellfish, lamb, beef (whole cuts), and pork; 155°F for hamburger and sausage; and 165°F for poultry, stuff meats, and casseroles.
- **Keep it hot!** Once cooked, please keep it above 140°F and use crock pots, chafing dishes, or other ways to keep it hot. **We'll have warming ovens at the conference!**
- **Keep it cold!** Please keep potentially hazardous foods cool as you travel. Foods should not be out of their target temperature zones for more than 2 hours.
- **Are you feeling well?** If you or someone in your family is ill, or you are experiencing a cough, the flu, or other intestinal bacterial disorders, or have a cut on your hand, we respectfully ask that you not prepare any food in your home kitchen, but rather purchase your food from a commercial store or restaurant and keep it enclosed as you transport it.

Thank you for your generosity and attention to these important details.

And thanks to NOFA-NH for the suggested guidelines!