

# Kev Pub Zaub Mov Rau Ntau Tus Tib Neeg Thaum Muaj Xwm Txheej Ceev

## Mass Feeding for Emergency Operations

NRHIAV THIAB NPAJ IB QHO CHAW PUB MOV RAU NTAU LEEJ  
NEEG NOJ

### FINDING AND EQUIPPING A MASS FEEDING SITE

#### Hmong

##### Kev xyuam xim zaub mov

- Tswj cov zaub mov uas txawj tsuas hauv ib chav kub txias raws room temperature li ntawm 30 feeb los sis tsawg tshaj ntawd. Tsis li ces, tswj kom cov zaub mov txias 41°F los sis txias tshaj ntawd, los sis tswj kom cov zaub mov kub 135°F los sis kub tshaj ntawd.
- Tsis txhob txhaj noj cov zaub mov yuav tau tswj sij hawm ua noj/tswj qhov kub txias (time/temperature control for safety food (TCS)) xws li nqaij zom mos los sis cov nplem nrog qe, nqaij qaib los sis lwm yam nqaij noog, xam lav qos thiab tej ncuav qab zib uas muaj cream nyob hauv thiab lwm tej ncuav qab zib (pastries).
- Cov zaub mov uas tsim nyog pub muab tawm cov nplem uas pleev peanut butter thiab jelly, nqaij qha los sis tsij, thiab tej txiv hmab txiv ntoo zaub nyob hauv koos poom.
- Tsis txhob txhaj tej zaub mov uas npaj tom tsev los sis tej zaub mov kub los noj. Tej zaub mov ua tom tsev uas tsis tswj qhov kub txias TCS xws li cov cookie,

#### English

##### Food safety

- Keep perishable foods at room temperature for periods of 30 minutes or less. Otherwise, maintain cold food at 41°F or below, or hot at 135°F or above.
- Do not serve time/temperature control for safety food (TCS food) such as ground meat or egg salad sandwiches, chicken or other fowl, potato salad and cream-filled desserts and pastries.
- Appropriate meal items include peanut butter and jelly sandwiches, smoked meat or cheese, and canned fruits and vegetables.
- Do not serve home-prepared meals or hot dishes. Home-prepared non-TCS foods such as baked cookies, bars, fruit pies or cakes are acceptable.

**KEEP HOT FOODS HOT AT 135°F OR ABOVE.**

**KEEP COLD FOODS COLD AT 41°F OR BELOW.**

bars, ncuav qab zib (fruit pie los sis cake)  
ces yeej pub nqa tuaj tau.

**CIA COV ZAUB MOV KUB NYOB RAU QHOV KUB LI  
135° F LOS SIS KUB TSHAJ NTAWD.**

**CIA COV ZAUB MOV TXIAS NYOB RAU QHOV TXIAS LI  
41° F LOS SIS TXIAS TSHAJ NTAWD.**

## Ntxuav tej twj tais diav raws tiv thaiv kab mob

Yog tias ua tau txhua lub sij hawm ces siv tej twj tais diav rawg yas uas muab pov tseg tau. Tsis txhob rov siv tej ntawv phaj yas. Yog tias koj yuav tsum siv tej twj tais diav rawg tseem ces koj yuav tau muab ntxuav hauv lub dab tais ua peb kem, los sis ib lub dab ntxuav tais uas muaj peb lub thoob los ntxuav cov twj tais diav rawg no.

## Txheej txheem ntxuav tej twj tais diav rawg tiv thaiv kab mob

1. Hauv thawj lub dab ntxuav tais diav, siv tshuaj xaub npum nrog rau dej kub los ntxuav tag nrho cov tais diav rawg.
2. Hauv lub dab thib ob, ces muab dej kub los yaug. Yaug kom tshem tawm tag nrho tej xaub npum, ua li no ces theem ntxuav tiv thaiv kab mob thiaj li yuav ntxuav tawm tau.
3. Hauv lub dab thib peb ces muab tshuaj los ntxuav tiv thaiv kab mob. Siv ib co tshauj uas muaj tshuaj dawb (bleach) nyob rau hauv los ntxuav. Ib diav tshuaj tso rau ib nkas loos dej. Yog ua li no yuav tov tau tshuaj dawb 200 feem rau txhua plhom keeb dej (200 parts per million), uas yuav sib tov tau los ntxuav tiv thaiv cov kab mob nyob ntawm tej twj tais diav rawg, tab txawm tias cov dej koj siv los yaug tsis huv. Ua tib zoo siv cov dej

## Sanitizing cooking and eating utensils

Use disposable dishes and utensils whenever possible. Do not reuse plastic or paper items. If you must use washable dishes and utensils, clean them in a standard three-compartment sink, or a sink equipped with three separate containers that can serve as an improvised three-compartment sink.

## Procedure to sanitize cooking and eating utensils

1. Wash all items in the first sink, using a household detergent solution in clean, hot water.
2. Rinse in the second sink, in clean, hot water. Remove all detergent residues, to ensure that the final sanitizing step will be effective.
3. Sanitize your utensils in the third sink. Use a solution made with one tablespoon of bleach for each gallon of water. This will yield a chlorine concentration of 200 parts per million, which should be adequate to sanitize your dishes, even if the water you are using is contaminated. Make sure your dishwashing water is clear and free of sludge or sediment.
4. Air dry all dishes and utensils.

uas ntshiab thiab tsis tsuas los yaug tej twj tais diav rawg.

4. Cia cua ziaab kom qhuav tag nrho koj tej twj tais diav rawg.

## Cov neeg ua hauj lwm ua mov noj

Ua ntej pib tso cai lawv ua hauj lwm, yuav tsum cob qhia txhua tus neeg nqis tes los pab koj pub zaub mov rau ntau tus neeg ua ntej tso.

### Tus kheej kev tu kom huv

- Cov neeg ua hauj lwm ua mov noj yuav tsum nqhuag ntxuav lawv ob txhais tes, tshej xeeb yog thaum lawv siv chav dej tag, los sis tom qab mus kov tej khoom uas tsuas lawm.
- Tu ntshis koj tus kheej thiab hnav tej khaub ncaws uas ntxhua tag lawm xwb. Kev koj kom huv tseem ceeb heev rau cov neeg xav nqis tes pab pub zaub mov rau ntau tus neeg tau noj.
- Cov neeg uas mob ntuav, raws plab, ua npaws, los sis muaj kab mob ntsig txog txoj hlab ua pa yuav tsum txhob tso cai rau lawv tuaj pab ua hauj lwm hauv tsev ua mov noj.
- Yog tias tsis muab qhov nqaij to kiav txhab npog tu kom zoo nrog rau siv ntaub qhwv kom dej txhob nkag tau ces tsis txhob kov tej zaub mov los sis txhob cia txhaj zaub mov noj.

### Ntxuav koj txhais tes li cas

1. Muab koj ob txhais tes ntub dej
2. Muab xaub npum tso rau ob txhais tes

## Food service workers

All persons volunteering to work in your mass feeding center should be properly oriented before they begin work.

### Personal hygiene

- Food workers should wash their hands frequently, particularly after using the toilet, or after handling materials or equipment that may be contaminated.
- Keep yourself and your clothing clean. Cleanliness is essential for all people who work in the mass feeding center.
- People with vomiting, diarrhea, fever, or respiratory illnesses should not be allowed to work in a food service operation.
- No one with cuts, burns or other skin abrasions should be allowed to handle food unless wounds are covered with waterproof dressings or gloves.

### How to wash your hands

1. Wet your hands
2. Apply soap

3. Muab xaub npum ntxuav ob txhais tes li ntawm 10 mus txog 15 chib
4. Yaug tes kom zoo
5. Muab ob txhais tes so kom qhuav
6. Ua tib zoo kom tsis txhob tsuas txhais tes ntxiv lawm

Lub sij hawm ntxuav tes yuav kav ntev txog li 20 chib. Cov hnab looj tes, tej ntaub ntub so tes los sis tshuaj pleev tes tua kab mob tsis yog siv los kom tsis tau ntxuav tes.

## Cheem qhov muab txhais tes kov kiag tej zaub mov

Cov tibneeg uas raug cua dab cua dub yuav muaj kev phom sij kis kab mob los ntawm tej zaub mov heev dua li lwm cov. Qhov koj looj hnab tes thaum koj npaj ua zaub mov yuav pab kom cov zaub mov tsis txhob kis tau kab mob.

Tseem ceeb kom txawj siv tej hnab looj tes:

- Cov neeg ua hauj lwm ua mov noj yuav tsum siv cov diav rawg xws li cov tais nqaij, cov diav daus zaub, ntawv nyias, los sis hnab looj tes siv ib zaug los rau txhua zaus kom lawv thiaj li tsis kov raug tej zaub mov noj.
- Nws tseem looj hnab tes thaum kov tej zaub mov uas yuav tsis muab ua kom siav (cov zaub mov siav noj tau lawm) xws li sandwich, carrot thiab cookie.
- Cov neeg ua hauj lwm yuav tsum hnav cov hnab looj tes siv ib zaug thaum lawv npaj thiab nqhuag kov tej zaub mov. Qhov no muaj xws li ua daim nplem sandwich noj, hlais zaub los sis muab tej khoom noj tso kom zoo saib hauv phaj mov.

3. Rub your hands for 10 to 15 seconds
4. Rinse your hands
5. Dry your hands
6. Keep hands clean

The entire process must last at least 20 seconds. Gloves, wet-wipes or hand antiseptics are not substitutes for handwashing.

## Prevent bare hand contact with food

People in a disaster can be at greater risk for getting sick from unsafe food. One way of keeping food safe is for food workers to wear gloves while preparing food.

It is important that gloves be used the right way:

- Food workers should use utensils such as tongs, scoops, deli papers, or single-use gloves to keep from touching food whenever possible.
- It is important to wear gloves when touching food that will not be cooked (ready-to-eat food) such as sandwiches, carrot sticks and cookies.
- Food workers should wear single-use gloves when they are preparing foods that have to be handled a lot. This includes making sandwiches, slicing vegetables or arranging food on a platter.

It is also important to remember that both hands and gloves must always be clean.

- Always wash hands before putting on clean gloves.

Nws kuj tseem ceeb nco ntsoov tias ob txhais tes yuav tsum huv nrog rau cov hnab looj tes los yuav tsum huv thiab.

- Yuav tsum ntxuav tes txhua zaub ua ntej looj cov hnab looj tes.
- Muab tej hnab looj tes uas ntuag pov tseg.
- Hloov looj lub hnab looj tes tshiab yog tias tsuas tsis huv lawm.
- Tsis txhob rov muab tej hnab looj tes no ntxuav los siv dua.
- Thaum koj hloov mus ua ib yam twg tshiab, ces yuav tsum hloov looj lub hnab looj tes tshiab thiab, xws li thaum koj ua sandwich ces hloov mus hlais zaub nyoos.
- Muab tej hnab looj tes pov tseg tom qab siv tag.
- Ntxuav koj ob txhais tes tom qab hle cov hnab looj tes ntawd tag.

## Kev tswj xyuas

Yog tias ua tau, cia ib tus uas paub thiab txawj tswj ib lub lag ua mov loj los ua tus tswj xyuas koj li kev ua zaub mov pub rau ntau tus neeg noj. Cov uas txawj tswj xyuas kuj muaj xws li cov nyob tom tsev kawm ntawv los sis tom tej lab, los sis cov neeg uas yav tag los tau ua hauj lwm ua zaub mov noj, cov neeg ua hauj lwm los sis cov mes ntsaws tom tej lab ua mov noj loj.

## Cov dej haus

Yog tias koj cov dej tsuas los sis koj tsis paub seb cov dej puas zoo haus:

- Change gloves that get ripped or torn.
- Change gloves that get dirty.
- Never wash or reuse gloves.
- Change gloves when you change jobs, such as when you move from making sandwiches to cutting raw vegetables.
- Throw gloves away after you use them.
- Wash your hands after taking gloves off.

## Supervision

If possible, someone who has experience with large food service operations should supervise your mass feeding operation. Possible supervisors include school or institutional food service managers, or people who have worked as cooks, employees or managers in large restaurants.

## Drinking water

If your water has been contaminated or if you are unsure of its safety:

- Use only boiled or bottled water.

- Ces tsuas siv cov dej uas tau muab rhaub kom npau los sis siv cov dej hauv koos poom.
- Tsuas siv cov dej khov uas los ntawm tej chaw uas tau kev pom zoo xwb.
- Use only commercially packaged ice from approved sources.

## Kev muab khib nyiab pov tseg

Nqhuag muab khib nyiab pov tseg. Yog tias tsis muaj ib lub chaw rau koj pov khib nyiab, kem ib cheeb tsam rau pov khib nyiab ntawd lub sij hawm koj pub zaub mov. Tu kom zoo cheeb tsam koj muab khib nyiab pov tseg ntawd, thiab thaum qhov chaw pov khib nyiab qhib, koj mam li muab coj mus pov tseg rau hauv.

## Garbage handling

Dispose of garbage frequently. If the local community disposal facility is not accessible, use a remote area for temporary storage. Clean these temporary storage areas thoroughly, and transfer garbage to the regular facility when it reopens.

## Ntaub Ntawv Pab Ntxiv (Resources)

Minnesota Department of Health Food Business Safety  
(<http://www.health.state.mn.us/foodbizsafety>)

Minnesota Department of Health  
Food, Pools, and Lodging Services  
PO Box 64975  
St. Paul, MN 55164-0975  
651-201-4500  
[health.foodlodging@state.mn.us](mailto:health.foodlodging@state.mn.us)  
[www.health.state.mn.us](http://www.health.state.mn.us)

Lub 1 Hlis Xyoo 2019

*Xav tau cov ntaub ntawv no ua tus qauv txawv qhov no, hu rau: 651-201-4500 los sis 651-201-6000.*

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