

Health & Safety Policy

The purpose of this Health & Safety Policy is to identify precautions and actions that both *the food sherpa llc* and each individual client can take to continue to minimize the risk to our mutual health and safety due to community transmission of COVID-19, influenza, RSV, and other respiratory illnesses.

The Food Sherpa LLC Shall...

- Follow all disease guidelines and standards issued by the Commonwealth of Virginia and the Centers for Disease Control and Prevention (CDC) for slowing or preventing the spread of COVID-19, influenza, RSV, and other respiratory illnesses.
- Wear a properly fitted KN95 or N95 mask whenever shopping for client groceries, pantry items or related supplies.
- Combine client shopping trips, whenever possible, to increase efficiency and minimize the risk of potential exposure to respiratory infections.
- Perform a temperature check the morning of each scheduled service, continuously self-monitor to confirm that there are no apparent symptoms of COVID-19 or other infection, and complete an antigen test whenever any symptoms are apparent.
- Inform all clients if any symptoms of infection are noted and/or if an antigen test returns a positive result and re-schedule any impacted service as appropriate.
- Wear a properly fitted KN95 or N95 mask whenever in the client's home. Note, that in order to taste food during preparation, the mask will need to be briefly removed on occasion at random points during each service date.
- When feasible and/or desired, briefly air out the kitchen area through an open window or door at the start and at the completion of each service date.
- Sanitize all preparation, cooking and high touch surfaces, including counter-tops, appliance and cooking equipment knobs, appliance touch pads, cabinet and drawer knobs/pulls (as necessary/appropriate), etc. at the beginning and end of each cook date.
- Thoroughly wash and sanitize all prep and cooking utensils and equipment as required after each use.
- Maintain appropriate food safety measures, including avoiding cross contamination, ensuring appropriate time and temperature protocols are followed, and maintaining a clean and sanitary work environment throughout the duration of the service.



The Client Shall...

- Inform *the food sherpa llc* if any members of the household exhibit any symptoms of COVID-19 or other infection.
- Ensure that the kitchen area is clean and ready for service prior to the chef’s arrival
- Maintain a minimum of 6’ distance while the chef is working in the home.
- Inform the chef if s/he needs to access the kitchen so that the chef can temporarily yield the space to ensure that a minimum of 6’ distance is maintained.
- Wear a mask if an in-home interaction with the chef necessitates that less than 6’ of distance can be maintained.
- Keep all pets and children clear of the kitchen during service.

Health & Safety Policy – Client & Chef Agreement

I have read and understand this Health & Safety Policy and agree to comply with the precautions and actions outlined herein. I acknowledge that this document may be amended as the situation surrounding COVID-19 and other respiratory infections evolves moving forward. *the food sherpa llc* will provide a copy of any updated Health & Safety Policy to me, as necessary and appropriate. In such cases, my compliance will continue to be in force unless I inform *the food sherpa llc* of my objection/concern with any future iteration of the Health & Safety Policy.

Client Name

Date

Client Signature

Keith W. Steury

Chef Name

Date

Chef Signature