

Kitchen News

Sophia's Kitchen

June/July 2020

Volume 2, Issue 10



Be Well

All of you have been very missed while we've needed to be closed due to the COVID-19 pandemic. As we move towards reopening, much consideration has been given to ensure your safety, while still fulfilling our mission to care for the poor.

We ask that all vulnerable people should continue to shelter in place. It may be some time before our crews can be fully restored. While you stay safe, we ask you to please continue to join us in prayer at 8:45 and 11:45 AM from the safety of your home. If you'd like to create a rosary club on Fridays, I'd be happy to help that form.

Changes

The Health Department has asked for some changes to both our serve style and sanitation. Social distancing and mask wearing will be enforced with our guests. To prevent crowds in our small lobby, we will move our serving table to the lobby and no longer allow people to enter the building. Through a generous grant from Illinois American Water, we are able to provide every guest with a

face mask, for both their safety and ours.

We've always prided ourselves on how clean Sophia's Kitchen is, but COVID-19 is a tiny, sneaky virus that requires additional measures to evade it. Page 3 explains the difference between sanitizing and disinfecting. Our servers will now need to carefully disinfect frequently. They will also be required to wear face shields, masks and gloves. We have been blessed with donations of masks from several talented volunteers.

Social distancing will be difficult in the kitchen area, but this may be the most potentially infectious area. By now, we all understand that breathing, sneezing and coughing could spread the virus. Equally important is the viral load. Repeated exposure to infection increases our likelihood of succumbing. Standing close to an infected person for hours is a terrible recipe for illness. Fewer people may be in the kitchen at a time.

We can still pray

Our Spiritual Center volunteers are still needed! Even though the dining room is shut down, you are welcome to walk the parking lot to evangelize. The bench in front of building is a perfect Prayer spot!

Dates to Note

- **June 1** REOPEN
- **June 10** Food Bank
- **June 11** Pet Food Pantry
- **June 25** Pet Food Pantry
- **June 26** Food Pantry
- **June 29** Tentative: Avanti's Fundraiser
- **July 3** Closed for Independence Day
- **July 9** Pet Food Pantry
- **July 23** Pet Food Pantry
- **July 27** Tentative: Avanti's Fundraiser
- **July 31** Food Pantry
- **August 3** Tentative reopen of dining room



To understand viral load better, follow this link:

https://www.erinbromage.com/post/the-risks-know-them-avoid-them?fbclid=IwAR3rYlgVVKgN00c853HY6cDIJZ7PX-0QY-vzPQ3xOO_IPp7YGkXYRncFccY

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KEEPING THINGS HEALTHY

News from the Health Department

Your Health

Stay home if you have ANY flu-like symptoms, or are caring for someone who is sick.

Face Masks will be provided for all volunteers. **Face Shields** will be provided to all Servers. Face masks prevent you from unintentionally infecting others. This is only effective if the mask is worn covering BOTH the mouth and nose. Avoid touching the area in front of your nose or mouth. Doing so places the germs onto your hands.

Please take your mask home and wash it after every shift or use.

Clean and Disinfect

- ◆ Non-Food Contact Surfaces include commonly touched surfaces, such as doorknobs, and countertops.
- ◆ Use EPA registered disinfectant. Your choices as available will be: *Disinfectant Spray Q* , *Clorox or Lysol Wipes* , or *Pre-Mixed Bleach Solution* (ask your manager)
- ◆ These surfaces need to be disinfected frequently. Guidelines are every 15 minutes, or after being soiled.

Hand Hygiene

- ◆ Wash hands frequently. This includes when you enter the building; when you change a task; if you touch a person: whenever they are soiled.
- ◆ Wet hands, apply soap to count of 20, rinse thoroughly, dry with paper towel, use a barrier to open a door.
- ◆ Hand sanitizers and table sanitizers MAY NOT be used in place of handwashing

Social Distance

We stand together when we stay apart.

Studies have shown keeping a 6 ft. distance significantly reduces transmission of disease spread. Stay 6 ft. away from your fellow volunteers while working and at the break table.

Self Serve Foods

Foods on the break table must be individual portions. Eliminate snacks on a common plate, or in a bag to reduce sharing of germs.

VOLUNTEER NEWS

All the Good News

Volunteer Appreciation Dinner

With great sadness, the Dinner has been canceled for this year. Due to COVID-19, it will be unwise to gather in large groups until the pandemic is controlled.

Please know, you are all so very much appreciated!

Sanitize V. Disinfect

Sanitize: To make clean. This happens in the food prep area. Paper towels are used to remove chunky and liquid spills. The area is *sanitized* by wiping with the quats solution in the red buckets. This removes the majority of germs. The area must be allowed to air dry, to allow the chemical quats to work correctly.

Disinfect: To remove germs. Stronger chemicals are applied to surfaces that will NOT touch food, such as door handles and the serve counters, to kill germs brought in on hands. In concentrations strong enough to kill germs, these chemicals are poisonous.

Now Serving

For the time being, serving will take place in the lobby. A table has been placed in front of the doors to prevent guests from entering the building. This allows a better social spread for the Servers and the guests. Servers will be Required to wear a mask and a face shield to help prevent the spread of illness. The table will need to be disinfected frequently. It will take a bit to get used to this safer system, but you'll be in the groove in no time. We'll review returning to our former system after July 4.

Dining Room

The Dining Room/ Spiritual Center will remain CLOSED until at least August as we monitor the COVID-19 situation.

Dishwashers

Please wash full loads only. Remember, an industrial dishwasher works differently than the unit you have at home. Think of it as a Sanitizing Unit and you are the dishwasher. Remove the food from the dishes and pack your tray full. It's ok to overlap dishes. This allows you to run fewer loads and take a break now and then. This is better for the hot water heater and for you! Cooks—be mindful of how many dishes you are creating. If it's not fun for *everyone*, it's NOT fun!

12 week exercise challenge

Did you record your sheets? Randy is still going to tally the hours! Drop them by the office or send me an email.

Geeks Only

Want to dig deeper on disinfectants? Check out this website: <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

- ⇒ It's time for Papa John pizza! Enter code SKITCHEN30 when you order to receive 30% off your order, and donate 10% to Sophia's Kitchen.
- ⇒ A gift in your will allows Sophia's Kitchen to continue to serve our neighbors. Invest in the future of Peoria and leave a legacy of which to be proud.

FROM:
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TO:

Prayer during Corona Virus Pandemic

O clement, O loving, O sweet Mother Mary, We, your children of every nation,
Turn to you in this pandemic. Our troubles are numerous; our fears are great.
Grant that we might deposit them at your feet, Take refuge in your Immaculate Heart,
And obtain peace, healing, rescue, And timely help in all our needs.
You are our Mother. Pray for us to your Son.
Amen.

Mission Statement: As a mission of the Heart of Peoria Catholic Community, Sophia's Kitchen believes in providing nourishment to those most in need through food for the day, support for their health needs and spiritual guidance for their everlasting souls.