



## **COVID-19: Mama's Kitchen message to our community.**

- March 10, 2020

Mama's Kitchen is closely following developments and federal guidelines surrounding the COVID-19 outbreak, also known as novel coronavirus outbreak. As a community-driven organization that prepares medically tailored meals for people who are already ill and who have compromised immune systems, we are always cautious but even more so considering recent events. Our clients are among the most vulnerable in our community and keeping them, as well as our staff and volunteers, safe, is at the forefront of our efforts.

**We are heartened that the Centers for Disease Control (CDC) guidelines for reducing coronavirus infection focus on practices that are already ingrained in the culture and daily operations of Mama's Kitchen.** These apply to staff and volunteers and include:

- washing hands regularly with soap and warm water;
- not touching your face, eyes, and mouth with unwashed hands;
- using disinfectant wipes to sanitize doorknobs, faucets, keyboards, and other "high touch" surfaces;
- covering mouth and nose when you cough or sneeze; and
- staying home when ill.

Mama's Kitchen will continue to monitor the [guidelines issued by the CDC](#), the [County of San Diego](#), and other reputable scientific entities. **We do not foresee the need to alter our delivery schedule at this time**, but should that happen in the future, we will take measures to ensure that our clients have enough food at home. Several factors position us well for dealing with the potential challenge.

We as an organization are experienced in delivering meals and are prepared for an interruption in normal operations should that become necessary. Our clients receive multiple days' worth of meals or groceries at a time, allowing us to further front-load deliveries and plan ahead to ensure no one goes without nutritious food. We will update our community if it is determined that additional actions need to be taken.

We have currently implemented additional safety measures and we are modifying our delivery practices to initiate a "no contact" delivery process to reduce person to person contact, while also following food safety procedures.

Understandably, disease outbreaks can lead to unrest, alarm and rumors. Unfortunately, there have been reports of racial and ethnic profiling associated with the coronavirus outbreak. Mama's Kitchen has ZERO tolerance for any type of discrimination or racial/ethnic profiling. We will ensure we will only be sharing accurate and trusted information.

Lastly, while coronavirus has dominated the national news, the United States is still in the grip of the annual flu season. Mama's Kitchen asks that everyone in our community be vigilant in maintaining the hygiene and sanitary practices outlined above. And, if you have not already, it is not too late to get your flu shot!

***We will update this page with any future responses or updates.***