



Community Food Rescue  
Volunteer Food Runner Check List  
Review and take items listed on each run

**Take these items on every food run:**

- ✓ CFR Food Donation Tracking Form and pen
- ✓ Pre-printed food labels
- ✓ CFR Food Safety Guidelines
- ✓ Directions to donor and recipient locations and phone numbers
- ✓ CFR hat, car magnet, post cards to identify yourself as a CFR volunteer
- ✓ Mobile phone to check last minute food run emails or texts and **take photos to send to administrator after the run.**
- ✓ Administrator's contact info: Cheryl@communityfoodrescue.org 240-491-1958.

**Take these items on food runs that require time and temperature control:**

- ✓ CFR Food labels for prepared foods (if not already labeled)
- ✓ Thermometer and alcohol swabs (for time and temperature control for safety (TCS) foods.
- ✓ Insulated bag, thermal blanket, or freezer brix (when food runs are more than one hour).

**If you'll be handling produce or loose bakery items, make sure to take:**

- ✓ Food grade, single-use (disposable) gloves