


SHOP TALK

A Bi-Weekly Letter For SONOCO Professionals Working in the Gulf

April 14, 2020

MAKING HAND SANITIZER

While hand sanitizer is in short supply, and we have the basic ingredients, we can make hand sanitizer by following this procedure:

In a mixing bowl or other container **(DO NOT TRY TO MIX THIS IN THE BOTTLE; IT WILL NOT MIX PROPERLY):**

1. Pour in 1 part Aloe Vera.
2. Add 2 parts alcohol.
3. Mix well with a wire whisk.
4. Fill your empty bottles.
5. Label the bottle.

It is important that you keep this away from heat sources. It is a flammable mixture.



COVID-19 and food safety

By Vivien Williams, Mayo Clinic

Social distancing, hand-washing, not touching your face and disinfecting surfaces are some ways to avoid contracting SARS-CoV-2, the virus that causes COVID-19. But what about the food you eat? Can you get sick with COVID-19 by eating contaminated fruits, vegetables or other foods?

Dr. Abinash Virk, a Mayo Clinic infectious diseases specialist, says the risk of exposure from food is unknown, but likely very low. But she also suggests that people wash certain foods before eating them.

"The biggest risk of contracting the virus from food would be if you touch food that's been exposed and then touch your face," says Dr. Virk. "In that sense it is best to wash your hands before and after handling food and

rinsing unpeeled fruits and vegetables before you eat them."

Dr. Virk says the virus only lasts on objects, such as foods, for one to three days.

Cooking kills the virus

"There's one good thing about the SARS-CoV-2 virus," says Dr. Virk. "It is what we call an 'enveloped' virus. And an enveloped virus is a little bit more susceptible to heat, bleaching, drying and antiseptics. It is easier to kill than some other viruses. So heating a vegetable or heating some food will inactivate the virus."

Take out food and COVID-19

When ordering takeout food, Dr. Virk says to wash your hands before you touch the containers. Then empty the contents, wash your hands again and enjoy the meal.

Check the Centers for Disease Control and Prevention website for additional updates on COVID-19. For more information, go to the [mayoclinic.org](https://www.mayoclinic.org) and the [Mayo Clinic News Network](https://www.mayoclinic.org/news-network).

"IT'S NOT ABOUT WHAT YOU'RE CAPABLE OF. IT'S ABOUT WHAT YOU'RE WILLING TO DO."

MIKE TOMLIN

Viral video advises washing fruit and vegetables with soap: [Here's why that's a bad idea](#)

By, Laura Geggel

Published March 31, 2020

Despite what a doctor in a viral video suggests, it's not a good idea to wash fruits and vegetables with [soap](#) and water, even during the COVID-19 pandemic, food scientists told Live Science.

"We've known for 60 years that there are toxicity issues about consuming household dish soaps," Benjamin Chapman, a professor and food safety specialist at North Carolina State University, told Live Science. "Drinking dish soap or eating it can lead to nausea, can lead to [an] upset stomach. It's not a compound that our stomach is really built to deal with."

Instead, people should wash produce as they normally would, with cold water, Chapman said.

"Consumers should not wash fruits and vegetables with detergent or soap," [according to the U.S. Department of Agriculture](#) (USDA). "These products are not approved or labeled by the U.S. Food and Drug Administration (FDA) for use on foods. You could ingest residues from soap or detergent absorbed on the produce."

Instead, "rinse fresh fruits and vegetables with running cold water," Chapman said. "That may remove 90 to 99% of what's there."

Originally published on [Live Science](#). Fox News

<https://www.foxnews.com/science/viral-video-advises-washing-fruit-and-vegetables-with-soap-heres-why-thats-a-bad-idea>

Boudreaux & Thibodeaux go Fishing

Boudreaux and Thibodeaux decided to go fishing one morning at the pond in back of Boudreaux's house. It was dark and when they reached the pond they realized they wanted to cross to the other side. But they couldn't walk around and had no boat or pirogue to cross in.

Thibodeaux turned to Boudreaux and said, "Mais Boudreaux, how in the heck we gonna get across."

Boudreaux said, "No problem, I'm gonna shine this here flashlight across the water and you gonna walk on the beam of light all the way across."

Thibodeaux then says, "Mais, Boudreaux, you must think I'm stupid or something, cause just when I get halfway across you gonna turn off the light."

Don't forget the veggies

We won't go on and on about it but suffice it to say that you need to fill out that line with attractive stuff, and you can't just put out 8 meats.

Vegetables play an important role: in personal health, in making your meal look really great (or not), and in balancing that cost, also.

Getting the customer to eat their veggies is always a challenge, but more and more we find that if you take the time to do something creative, it will be well received. Even if it's spinach.

Easy Spinach "Casserole"

You'll build this in a 2" deep 1/3 pan. Use more pans for a large operation. Don't go with deeper pans. It doesn't work.

- Drain canned spinach well, put a layer in the bottom of the pan (oil the pan 1st).
- Sprinkle a bit of salt. Top with sliced Swiss cheese and some crumbled bacon.
- Repeat. Do about 3 layers **max**. This should take about 6 cans of spinach. For a smaller group, use fewer layers.
- Top with more cheese, a dab or two of oleo, and foil wrap. Bake until bubbly.
- Place on the serving line



Getting it together

One of the problems we face in controlling our janitorial and paper goods is that they're all over the place on a platform.

Storage space is usually at a premium and we find it where we can. Doesn't it make sense, then, to keep only what we need and no more?

And the best way to do that is by having a good inventory and knowing what you use. Here's the best way to manage it:

Don't stock the bathrooms with cleaners. Instead, use a caddy:

- It's easier to use because everything is at hand.
- It can be stocked up at start of end of shift. At shift end, it's put away.
- You minimize the number of open items you must manage.
- The bathrooms are less cluttered.



Speaking of bathrooms:

Each time you enter a bathroom – for any reason - wash your hands before you leave. Even if you just went in to inspect. Why?

Well, you touched the door handle. And you can bet that someone before you didn't wash their hands. They touched the door handle too.

And now you just did.

Also, your customers (our customers) don't know what you were doing in there. If they see you come out drying your hands off, they know you washed them.

And use a paper towel to turn off the faucet and open the door. Not your bare hand. 😊

Continuous effort – not strength or intelligence – is the key to unlocking our potential.

Winston Churchill

