



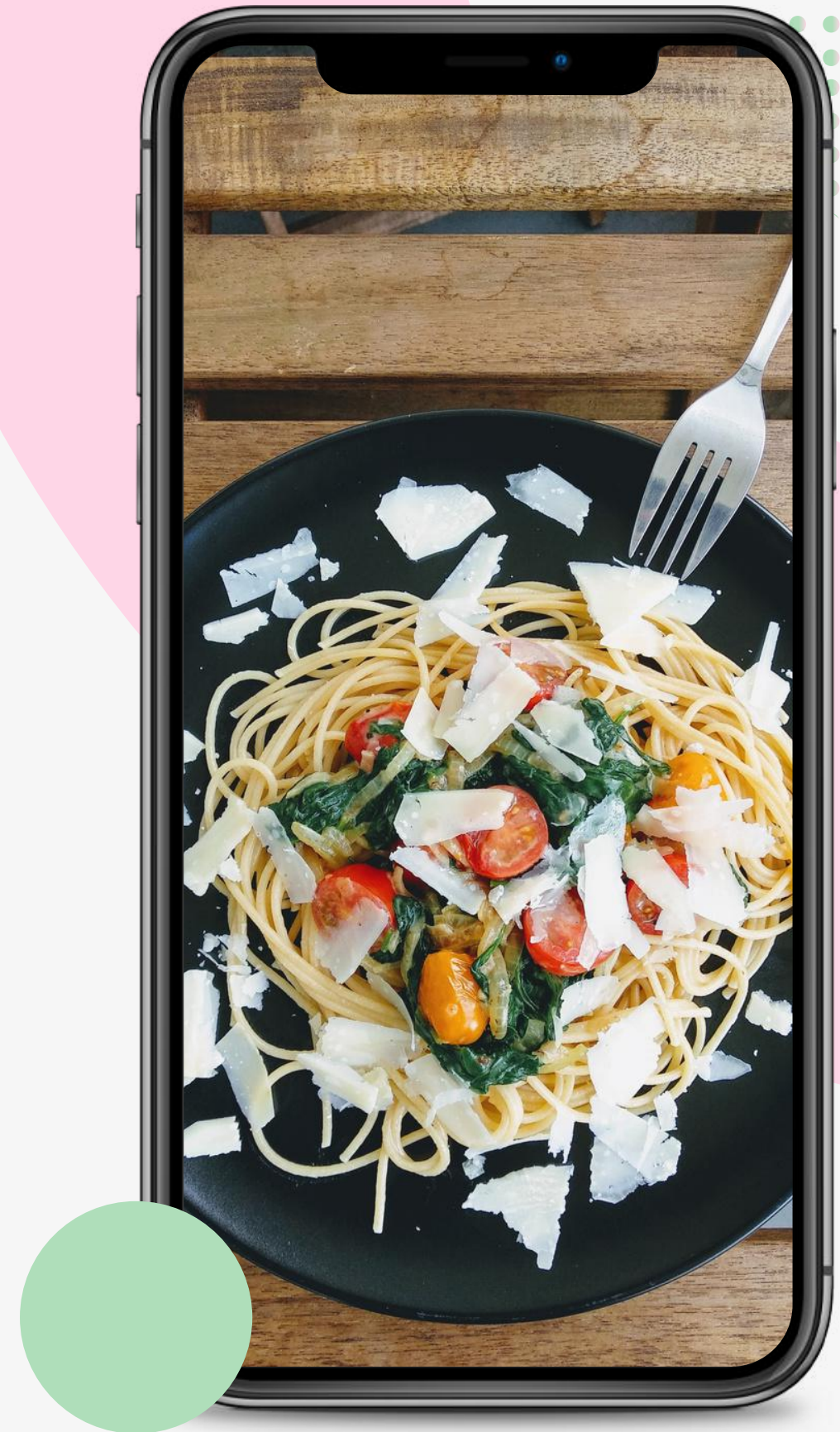
NutriGastro

Covid Health and Safety Plan 2021



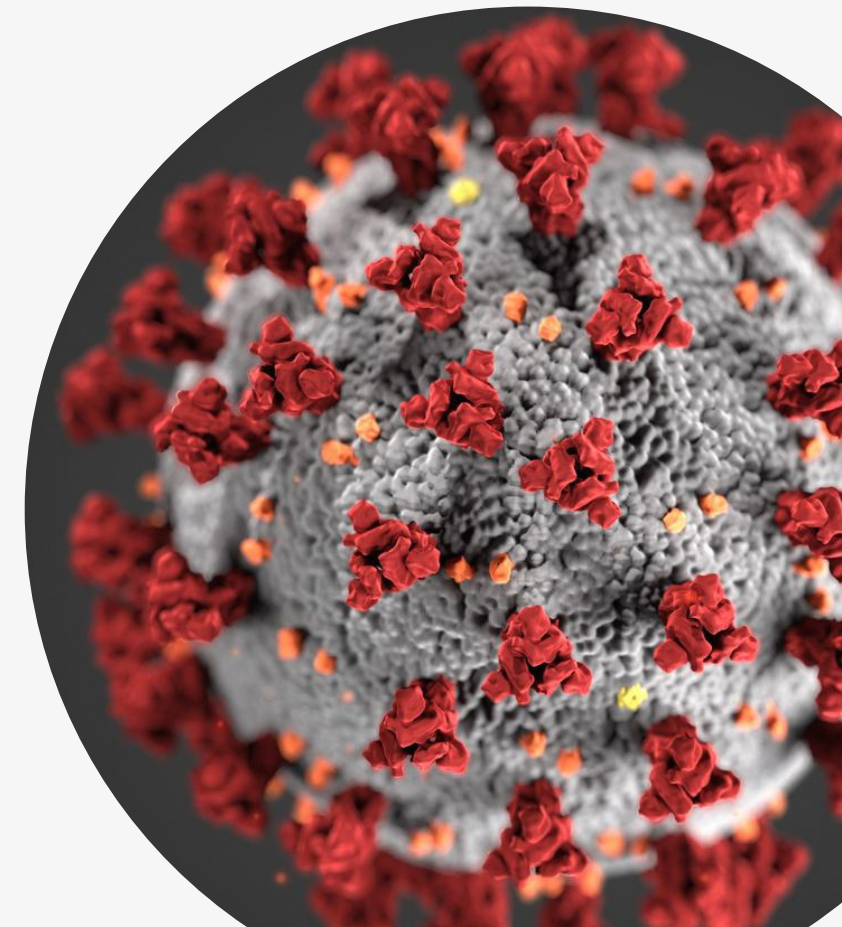
CHOOSE NUTRIGASTRO

Our first priority is the safety of our clients and team. This strategy outlines our methods and policies for reopening our services safely.




The Coronavirus has changed the world


- *We all want changings*
- *Working in restaurants has changed a lot*
- *People these days are craving restaurants*
- *People want safe restaurant reopening*
- *In such a situation, we all need to redesign our working plans to increase our work capacity and safety*



We have created a strategy based on:

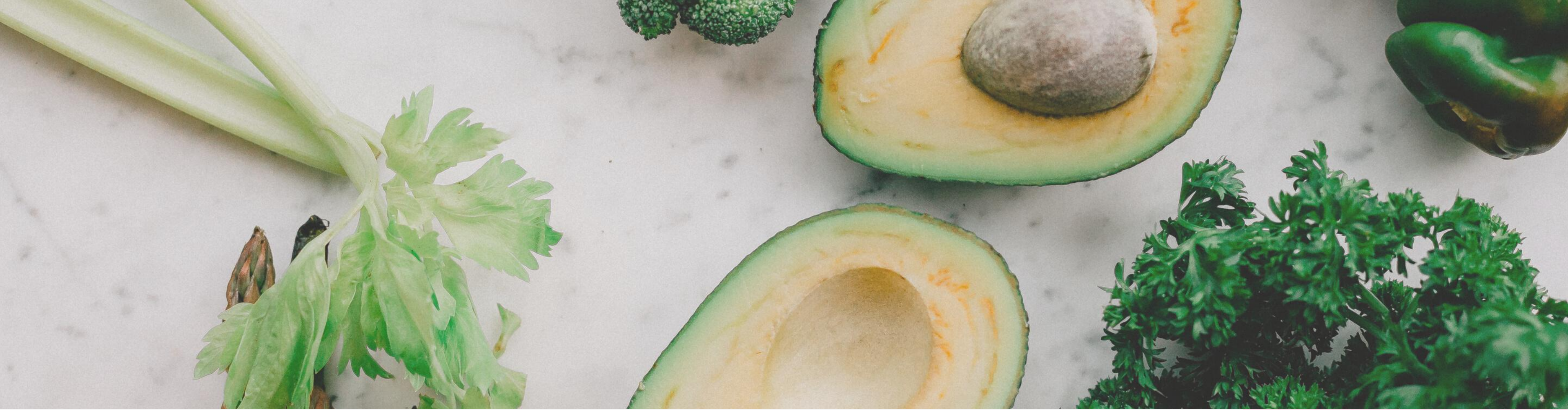
- *World health organization*
 - *The local department of health policies and guidance*
 - *Science*
 - *Center of disease control guidelines*
 - *Hospital best practices to keep workers safe and healthy*
 - *We are researching to modify and ensure the safe working methodologies*
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- A decorative graphic on the right side of the slide. It features a light pink grid pattern. A large, solid green circle is positioned in the bottom right corner. A pink curved line, resembling a quarter-circle arc, is located in the middle right area, overlapping the grid and the green circle.

What is covid 19?

- *The Coronavirus known as SARS-CoV-2 is a newly identified virus*
 - *It has created a worldwide pandemic of respiratory illness*
 - *It spread from person to person through droplets that are released by coughing, sneezing, and talking*
 - *These droplets get into the mouth, eyes, and nose*
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- A decorative graphic on the right side of the slide. It features a light pink grid pattern. A thick, curved pink arrow points from the right edge towards the center of the slide. In the bottom right corner, there is a large, solid green circle.

Symptoms of Covid-19

- *Shortness of breath*
- *Sore throat or cough*
- *Fever over 100.0*
- • *Fatigue*
- *Body or muscle aches*
- *Diarrhea*
- *Headache*
- *Loss of smell or taste*



**THE INFECTED PERSON
CAN FEEL AND LOOK
TOTALLY HEALTHY**



Our Plan

- *Five commitments to safety*
- *Culture of society*
- *Our core values and safety*



5 Commitments to safety

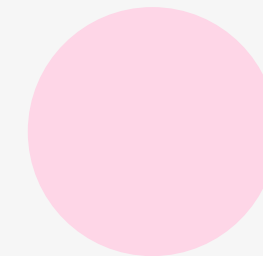
Hygiene

*wellness
Screenings*

Masks

Sanitizing

*Social
Distancing*



Nutrigastro Pledge

I will

- *Only work when coronavirus symptoms free, not exposed to Covid-19*
- *Always wear fresh gloves and a mask*
- *Wash hands regularly*
- *Maintain the highest standards of hygiene*
- *Practice social distancing*
- *Conduct wellness screenings*

Guest pledge

I will

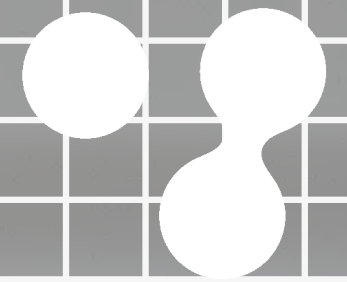
- *Wear mask except drinking and eating*
- *Always wear a mask while interacting with Nutrigastro team member*
- *Only come to Nutrigastro free of Covid-19 symptoms*
- *Not come to Nutrigastro if diagnosed and exposed to Covid-19*
- *Wash hands and use sanitizer*

A culture of safety

***We must all pledge to uphold
the 5 commitments to safety
Everyone must be authorized to
hold each other accountable***



HYGIENE



Hand washing

- *Washing hands regularly is the best practice to reduce viruses spread*
- *Use warm water and soap*
- *Rinse your hands well*
- *Dry with clean towel*
- *Must change gloves between clean and dirty task*
- *Must wash hands at work and arriving at home*
- *Use of hand sanitizer is the best thing to kill the viruses from hands*

Gloves

Gloves must be worn while working

*Never
touch
your face*

Clean Task
*Used for drink
and food
preparation
and serving*

Dirty Tasks
*taking orders,
cleaning, touching
computers*

*change
gloves when
changing
from dirty to
clean task*

Uniforms

Must be impeccably clean when at work

***Wear
clean
pants***

***No cell
phones
while
working***

***Wear
clean
apron***

Sneezing and Coughing



- *Keep your mask on*
- *Turn away from people*
- *Sneeze into the crook of your arm or into tissue*
- *Change mask and gloves and wash hands before returning to work*



MASKS

Masks

- *Masks keep you safe*
- *Minimize droplets from coming in and going out*
- *All team members are required to wear face masks at work*
- *Guests are advised to wear masks when not eating and drinking, and always when interacting with team members or leaving their table*
- *All team members should only approach guests when they are wearing masks*

Team Members Masks

***WE WILL PROVIDE
COLORFUL AND
FUN DISPOSABLE
MASKS***

***CLOTH MASKS
MUST BE WASHED
BEFORE THE START
OF EACH SHIFT***

***DISPOSABLE MASKS
MUST BE DISCARDED AT
THE END OF THE SHIFT
OR WHEN DIRTY***

Mask Tips

- *Disposable cloth masks are required*
- *Neck gators or bandanas are not permitted*
- *Face masks must cover your mouth, nose, and chin*
- *If you sneeze or cough into your mask, replace it with a clean one*
- *All team members are requested to wear a mask at all times, even when alone*
- *If you need to request a break from wearing a mask please ask to step outside*

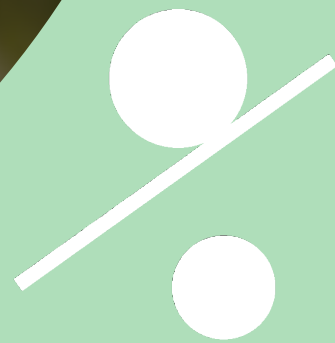


WELLNESS SCREENINGS



Wellness Screenings

Team member screening



Team Members Screenings

- *Every day before work, team members will complete a wellness check online*
- *Team members may not work if diagnosed with COVID-19*
Team members may not work if experiencing any COVID-19 symptoms
- *Team members may not work if they have been exposed to anyone that has been diagnosed to have COVID-19*
- *Team members may not work if they have recently traveled to a state with significant community spread*

Team Members Screenings

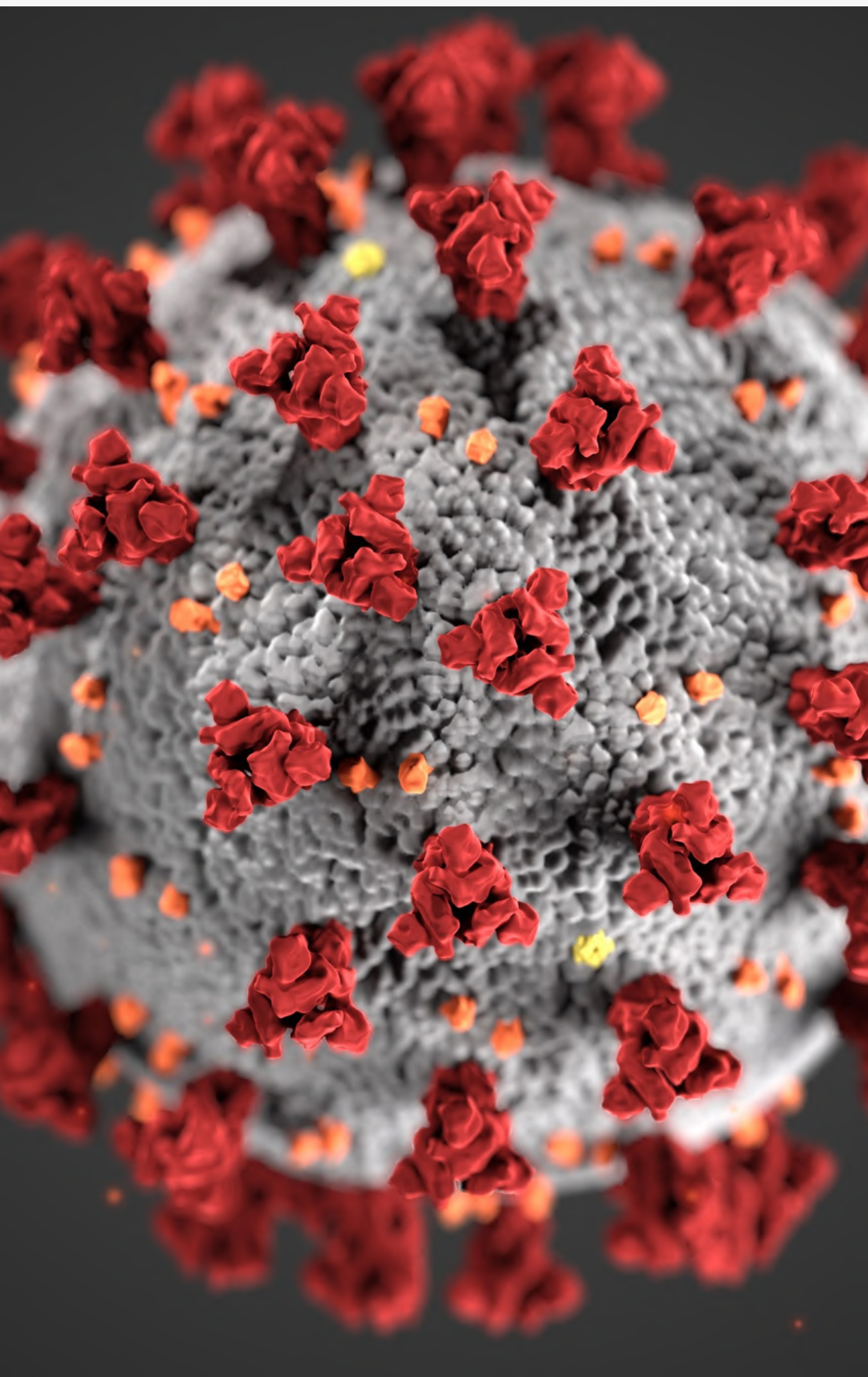
- *All team members will have their temperature taken when arriving at work*
- *Anyone with a fever over 100.0 will not be permitted to work*
- *All team members will pledge COVID-19 symptom and exposure free before work each day*



SANITIZING

Sanitizing

- *Our Kitchen will be impeccably clean*
- *We will perform extra cleaning and sanitizing throughout the day*
- *It will take everyone's efforts to maintain a clean and safe kitchen*
- *Steps of service have been changed to ensure that we all touch fewer things*



SANITIZING HIGH TOUCH SURFACES WITH DISPOSABLE WIPES

Sanitizing Front Of House

- *Tables, chairs, booths, banquettes, and bar tops will be sanitized between seatings*
- *Service stations, screens, phones, and doorknobs will be sanitized every 30 minutes*

Sanitizing Back Of House

- *The kitchen will be swept every 30 minutes and mopped/sanitized every 2 hours*
- *Oven, low boy, and walk-in door handles will be sanitized every 30 minutes*
- *Counters and KDS screens will be sanitized every 30 minutes*
- *Dishwater will be changed every 30 minutes at the dish station*
- *Sanitizing does not replace cleaning dirty surfaces with soap and water*

TABLE TOPS

Tables set with:

- *Placemats*
- *Roll-ups with 2 forks and a knife in a napkin*
- *New candle for each table*

Tables will not be set with:

- *Bread plates – bread will be served on plates*
- *Water glasses*
- *Salt and pepper*

Condiments

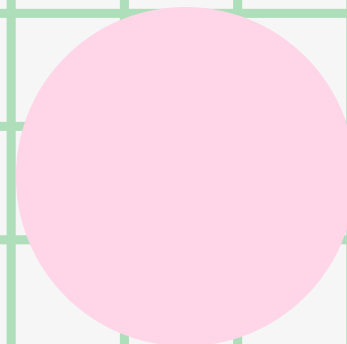
- *Single-serve condiments will be served in a ramekin*
- *No ketchup bottles, no oil, vinegar, syrup, etc.*

Menus

- *We will use a single-use foldable drink menu for each table with a QR code to view menus online*
- *We will use a single-use happy hour and prix fixe lunch menu for each table*
- *We will use single-use dessert menus for each table*
- *Single-use paper menus for all meal periods available upon request*
- *No reusable menus*

Water Bottles

*Water bottles will be
washed and sanitized in
the dishwasher after
each use*



SOCIAL DISTANCING



Social Distancing

- ***Social distancing is the practice of staying six feet away from others when possible to decrease the chance of spreading the virus***
- ***We will practice social distancing in the restaurant***

Distancing In Guest Room

- *Floor markers will remind the team and guests to stay apart*
- *No congregating with coworkers*
- *Tables will be spaced 6 feet apart*
- *Plexiglass partitions will be placed around booths and banquettes where applicable*
- *We will never touch a guest*





**OUR PURPOSE IS TO
MAKE PEOPLE HAPPY
AND KEEP PEOPLE SAFE**

OUR CORE VALUES AND SAFETY

- **BE THE NUTRIGASTRO** *We are all empowered to MAKE a difference and create a culture of safety*
- **SUPPORT OUR TEAM** *We are committed to a positive, supportive, safe, and healthy environment*
- **SAY YES** *We go above and beyond to exceed the expectations of our guests and always try to find a way to say YES while always staying safe; We will listen and understand the concerns of our team and guests*
- **HAVE FUN** *We enjoy making people happy; our team, our guests, and our community from a safe distance*
- **AUTHENTICITY** *Everything we do is from the heart — the food, drinks, and connections and our dedication to health & safety*
- **THINK LOCAL, NATURAL, AND SUSTAINABLE** *We make decisions with health, safety, and well-being for the future in mind*
- **WAIT FOR GREAT** *We have extremely high standards in everything we do, safety, culinary, people, hospitality...*

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QUESTIONS?



THANK YOU!

