

FIG 20–4 —A spacious, well-lighted cafeteria lends a pleasant atmosphere to an in-plant meal With care and thought, adequate, balanced meals can be provided

Courtesy The Austin Company

and beverages from insulated containers

4 Box lunch service

5 Vending machines

Even using a mobile canteen to provide a midshift snack adds considerably to the nutrition of the average worker If lunches are also served, the mobile canteen should carry both hot and cold foods and beverages

The central cafeteria with a kitchen where full meals can be prepared and served is often the most satisfactory form of food service In large plants, it may be economical to supply several cafeterias from a central kitchen

Vending machines and microwave ovens Self-service vending machines offer a wide variety of packaged, ready-to-eat foods Some machines have ovens that let the user quick-cook his meal Two important safety and health precautions should be followed in the use of microwave ovens

1 All repairs should be made by a manufacturer's trained repairman

2 Persons with pacemaker heart units should be warned against coming too close to microwave ovens

Proper installation and maintenance of food heating and refrigeration systems is important Normal sanitary precautions of course apply to vending machines Can openers in safe working order, sufficient utensils, and adequate waste disposal facilities, in both kitchens and eating areas, are other necessary provisions of a self-service operation