

# COOL LUNCHESES!

Special safety steps are needed when you pack food for a picnic or for lunch at school. These food safety hints will help you keep your food safe wherever you take it.

## Lunch Box Food Safety Hints

### Do:

- Use clean plates and tools when you prepare food.
- Keep your sandwich in the refrigerator until you take it out of the house.
- Wrap a sandwich tightly and put it in a sealed bag or container.
- Wash fresh fruits and vegetables before you eat them.
- Put a frozen juice box or a "freeze gel" in your lunch box to help keep you lunch cool.
- Save foods that don't need to be kept cold for an after-school snack, such as fresh fruit or a cookie.
- Use a straw or cup for your beverage.
- Wash the inside of your lunch box each evening so it is clean for the next day.

### Don't:

- Put your lunch into your school bag the night before.
- Drink directly from the beverage container.
- Use paper lunch bags more than once. Food and germs can't be washed out.
- Save part of your sandwich for snacking on after school. It can spoil.
- Eat fresh fruit that is unwashed.



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