

# Move Well Eat Well

## Food safety: how to pack a hot lunch

An insulated food container (like a Thermos) keeps food and drinks hot or cold. Choosing one with a wide mouth is easier to fill, eat from and clean.

Using an insulated container is a great way to send leftovers or other hot foods for school lunch. Follow these steps to keep food warm until recess or lunch.



1. Wash your hands with warm soapy water.



2. Start with a clean container.



3. Pour boiling water in the container.



4. Put the lid on and wait for 10 minutes.

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5. Heat the food until steaming hot in a microwave (in a microwave-safe container) or on the stove top.



6. Tip the water out of the container.



7. Put the hot food into the container and put the lid on straight away.



8. After school throw away any leftovers.



9. Wash the container in hot soapy water and air dry.

This is general advice, check the instructions for your insulated container to be sure you are using it correctly.