

Move Well Eat Well

Food safety: how to keep food cold

Follow these steps to keep lunch box food cold and safe to eat:



1. Wash your hands with warm soapy water.



2. Make sure containers, chopping boards and utensils are clean and dry.



3. Wash fruit and vegetables under running water.



4. Pack cold food into the lunch box straight from the fridge.



5. Pack food in an insulated lunch box or bag.



6. Keep lunches in the fridge until leaving for school.

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7. Put an icepack next to food that needs to stay cold.



8. If sending hot food in an insulated food container, pack it away from cold food.



9. After school throw away any leftovers. Some foods, such as uncut fruit or vegetables or crackers will be okay to keep.



10. Wash lunch box or containers in hot soapy water and air dry.



11. Wipe insulated lunch box or bag. Clean ice packs and put back into the freezer.