

News Article  
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Food Safety Preparation and Preservation

### **Food Safety for Lunch Boxes**

Back to school for most children will involve new clothes a new backpack, new pencils, pencils pouches, crayons and crayon boxes, new notebooks and a new lunchbox. The new clothes will be pressed and neat to introduce a new student to his or her new teacher, the new backpack will be filled with notebooks pencils and crayons, but what about the new lunchbox. What will the new lunch box hold for your new student? Will the lunch prepared be healthy and safe? Here are some tips to follow for a safe healthy lunch box.

#### **The Do's are**

- \*\*Use clean plates and tools when preparing food
- \*\*Keep your sandwich in the refrigerator until you take it out of the house.
- \*\*Wrap a sandwich and put it in an air tight bag before placing it in the lunchbox
- \*\*Wash fruits and vegetables before eating them
- \*\*Put a frozen juice box or "freeze gel" packet in the lunch box to keep the lunch cool
- \*\*Save foods that do not need to be cold for an afternoon snack, such as fresh fruit
- \*\*Use straw or cup for your beverage
- \*\*Wash the inside of the lunchbox each evening before using the next day

#### **The Don'ts will be**

- \*\*Put your lunch in a lunchbox the night before
- \*\*Drink directly from the beverage container
- \*\*Use paper lunch bags more than one time. Food and germs cannot be washed out
- \*\*Save part of a sandwich for a snack. Germs will grow in the leftover sandwich
- \*\*Eat fresh fruit that is unwashed