

Keep it safe



Lunches can be kept in the school bag for many hours and are likely to get warm. This increases the risk bacterial growth and food poisoning.

Follow these simple steps to keep lunchbox food safe.

STAY CLEAN

- Wash your hands before and after preparing food.
- Keep food benches and chopping boards clean and dry.
- Ensure lunchbox and utensils are washed before use.



STAY COOL

- Use an insulated lunchbox.
- Pack an ice brick, frozen water bottle or frozen yoghurt pouch to keep the lunchbox cool.
- Refrigerate the lunchbox where possible.
- Keep the lunchbox out of the sun

HIGH RISK FOODS

Be extra cautious of the following foods, as they are most likely to spoil:

- meat
- poultry
- soft cheese
- egg
- dairy products
- seafood
- cooked pasta or rice

