

Lunchboxes often stay in the school bag for several hours in warm conditions promoting bacterial growth and increasing the risk of food poisoning. Follow these simple steps to keep lunchbox food safe and fresh.

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.



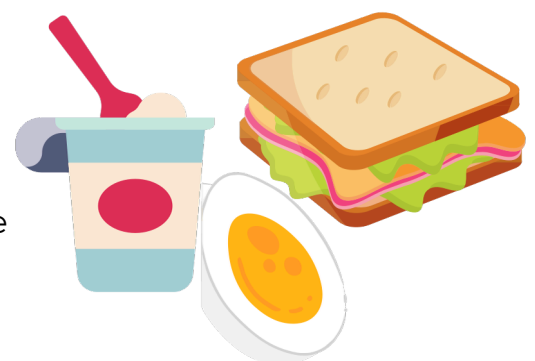
STAY COOL

- 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 mindful of the following foods, which can lead to food poisoning if not kept cold.

- Meat
- Poultry
- Fish
- Egg
- Soft cheese such as ricotta or cottage cheese
- Yogurt
- Custard
- Dips
- Cooked pasta or rice
- Mayonnaiase based salads



Uneaten high risk foods left in the lunchbox at the end of the day should be thrown away.