

Food Safety

Make Your Lunch Safe

Clean it: Wash lunch boxes or totes every night with hot, soapy water.

Hot stuff: Pack hot foods like soups or casseroles in tightly sealed insulated containers so they are still hot when you eat them. Heat the foods until they are steaming hot before you put them into the container.

Old stuff: After you finish your lunch, throw away foods that might spoil, such as meats or sandwiches with meat and cheese; salad mixtures that contain egg, meat, fish or poultry; and dairy products.

Cold stuff: Use frozen drink boxes, pouches or ice packs to keep your lunch cold. Put your lunch in an insulated bag if possible. Keep the lunch in a cool place.



Here are "good-for-you" foods for your lunch when you can't keep your lunch box cold:

- Peanut butter sandwich
- Whole-grain cereal and nut mixture
- Popcorn
- Drinks – water, fruit juice or UHT milk in a container that hasn't been opened
- Fruits – washed apple that hasn't been cut, banana, dried fruit like raisins

Foods That Can Go Bad If Not Refrigerated

- Meat, fish, poultry, eggs; dairy products like milk, cheese, butter and yogurt; and foods with dairy product in them.
- If it's in the refrigerated section of the grocery store, it needs to be cold at your house, too.
- "Refrigerate after opening." Make sure you check for these words on a package.

6 Rules for Food Safety

1. Be clean – wash your hands before you eat.
2. Be cool – store foods quickly in the refrigerator. Return foods to the refrigerator after you serve yourself.
3. Be hot – cook food until it's done. When you reheat foods, heat them through and through.
4. Watch where you put that! Don't place raw animal foods near foods that are ready-to-eat.
5. Time out – within 2 hours, refrigerate hot and cold prepared foods that contain ingredients that can go bad (see list).
6. Some things just don't go together! The household chemicals like ammonia, bleach, detergent, insect poison and oven cleaner should not be near food or food preparation areas. When you clean the kitchen, make sure you rinse the surface well to remove those chemicals.

ACTIVITY

Cross through the items that could contaminate.



Time Out

When food is cold, bacteria can't grow. If you take it out of the refrigerator and it stays out of the refrigerator for a couple of hours, it will be warm enough for bacteria to grow.

The "2-hour rule" warns you: Get that food back in the refrigerator! Keep cold food cold. When food is very hot, bacteria are killed and can't grow. Keep hot food hot.

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