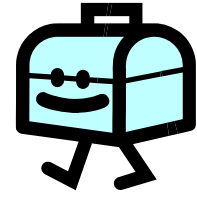


March



Packing lunches....Safety first!

Keep these food safety tips in mind when packing your child's school lunches and snacks:



- Wash your hands before you start preparing the food.
- Work on a clean surface using clean utensils.
- Use an insulated lunch bag with a small ice pack.
- Pack hot lunches in a thermos. Fill with the boiling hot food just before your child leaves.
- Use clean, reusable plastic containers. Don't reuse plastic bags – they can harbour bacteria.
- Wash lunch containers and water bottles in hot, soapy water every night.
- Wash all vegetables and fruit thoroughly, even those in packages labelled 'pre-washed' or 'triple-washed.'

**For health-related information call York Region
Health Connection at 1-800-361-5653 or visit www.york.ca**