

Packing lunches...safety first.



Keep your children safe using these four simple food safety rules when preparing and packing your child's lunch and snacks.

- CLEAN** Wash your hands before preparing food. Wash all fruits and vegetables (even pre-washed or those with skins or rinds). Wash lunch bags and storage containers every day
- CHILL** Use an insulated lunch bag with ice packs to ensure that food is kept cold at 4°C (40°F) or lower. Refrigerate foods prepared ahead of time until packing the lunch
- COOK** Use an insulated thermal container to keep hot lunches, at a temperature of 60°C (140°F) or higher. Leftovers need to be reheated to an internal temperature of 74°C (165°F) or higher. Bring soups to a rolling boil and stir
- SEPERATE** Avoid cross-contaminating cooked products during storage and preparation of food. Throw out any perishable food that has returned home in the lunch bag

For health-related information call York Region *Health Connection* at 1-800-361-5653, TTY 1-866-252-9933 or visit www.york.ca/healthyschools

