

# Lunchbox Safety



School lunchboxes can be breeding grounds for food poisoning bacteria unless you follow these simple rules:

## 1. At home

### **Foods that go off quickly:**

- Take great care with foods like milk, chicken, egg and meat which can allow fast bacterial growth.

### **Make lunches safely:**

- Store raw and ready to eat food apart.
- Keep your fridge temperature below 4°C.
- Wash and dry chopping boards very well and benches before use.
- Wash your hands with hot soapy water before handling food and after touching raw food like eggs.
- Wash fresh fruit well before packing.

## 2. At school

Keep lunches cold to stop bacteria growing to dangerous levels.

- Send your child's lunch in an insulated box. Add an ice brick, frozen water bottle or frozen UHT milk to keep lunches cold.
- Lunches must be stored out of the sun and well away from heaters.

## 3. After school

- Throw away uneaten food (unless sealed in a packet).
- Clean lunchboxes with hot soapy water and allow to dry well.