



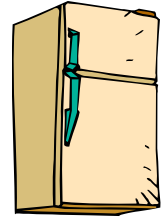
UNIVERSITY OF ILLINOIS
EXTENSION
NUTRITION EDUCATION PROGRAMS

Food Safety



Dear Parent,

Today your child learned about food safety. Simple food safety rules will help keep you and your family from getting food borne illnesses. Be a good role model by following good food safety practices. If you have questions, contact your local Extension office:



Follow Food Safety Rules:

- Wash your hands often.
- Keep your hands, cooking utensils and the kitchen clean.
- Thaw frozen food in the refrigerator.
- Keep hot foods hot and cold foods cold.
- Cook food to proper temperature using a food thermometer.
- Refrigerate leftovers immediately in shallow containers.
- Refrigerate perishable food within 2 hours (1 hour when the temperature is above 90 °F).



You and your child can have fun making packed lunches using the foods listed below that do not require refrigeration:

- Peanut butter
- Cookies, crackers and muffins
- Breads, bagels, English muffins
- Ready-to-eat cereals
- Pretzels, chips and popcorn
- Whole fruit
- Dried fruits; raisins, prunes, etc.
- Unopened cans and bottles of juice
- Hard cheese
- Jam, jelly, mustard and honey
- Unopened single serving packages of fruit and pudding
- Unopened cans of meat and fish

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