



# Pack A Safe Sack Lunch

## Lunch Box Tips

- Wash lunch box daily with soap and water. Wash weekly with baking soda to prevent odors.
- Use a clean paper bag made for food, not grocery bags that may be contaminated from insects or food leakage.

## Safe Foods to Pack That Need No Refrigeration:

- Peanut butter
- Cookies, crackers and muffins
- Breads, bagels, English muffins
- Ready-to-eat cereals,
- Pretzels, chips and popcorn
- Whole fruit
- Dried fruits; raisins
- 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

## Keep Cold Foods Cold

*When refrigeration isn't possible, here are some suggestions of ways to keep a lunch cold:*

- Commercial gel packs, frozen
- Ice cubes or water frozen in rigid, leak proof plastic container
- A frozen juice box or yogurt
- Freeze sandwiches (lettuce, tomato and mayonnaise don't freeze well, so pack separately)
- Use a thermos
- Store lunches in a cool place. NEVER leave lunches in direct sun or near a heat source.

## Keep Hot Foods Hot

- Use a clean thermos with a tight-fitting lid for hot foods such as chili, soups and stews.
- Rinse the thermos with boiling water and pour steaming hot food into the thermos. The food should still be hot at lunchtime.

