

Things to remember!

- Keep packed lunches in the fridge overnight
- DON'T eat perishable leftovers when you get home from school
- Used lunch boxes need a good clean with hot soapy water and must then be thoroughly dried



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My cool lunchbox



For the Kids:

- Make sure your lunch is the coolest! Keep it out of the sun
- Remember to give your hands a good wash and dry before eating



Wash + Dry = Clean

FOR THE GROWN-UPS:

- Freeze drink bottles overnight for an instant ice block or use a mini freezer pack for kids
- Have clean hands and utensils when making packed lunches
- Pack perishable foods like cold meats or egg sandwiches between cold items such as yoghurt

Tip:

Use coloured stars for foods that might spoil to make sure they are eaten first

