
Pack a Safe Lunch

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Packing a sack lunch for work or school is easy - keeping that lunch safe for eating can be a challenge.

Start Clean

Start by keeping everything clean - clean hands, utensils and work surfaces. This will decrease the chances for packing bacteria that can potentially make you sick.

Cook Thoroughly, Cool Completely

Cook all meat or poultry items thoroughly and cool completely in the refrigerator.

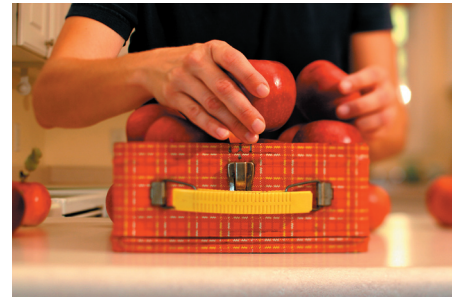
Plan Ahead

Preparing perishable items, such as meat sandwiches, the night before and refrigerating over night gets your lunch off to a good cold start. In the morning, add chips, cookies and other non-perishable items, along with a cold drink and ice or gel pack.

Keep Cold Foods Cold

By freezing a juice box, you can add a cold source that will be thawed enough for drinking by lunch time.

Reusable, insulated lunch bags are most effective at keeping food cold and fresh.



If this type of bag is not used, plan to refrigerate the lunch to keep it cold.

If refrigeration is not possible, don't pack perishable items such as meat, poultry, eggs or dairy products. A peanut butter sandwich or shelf stable cheese and cracker snacks will be a better choice.

Always try to find the coolest possible place to keep your lunch bag until eaten.

Never leave your lunch inside a hot car, in a windowsill or on a radiator or heating unit.

Keep it Clean

Thoroughly clean reusable lunch bags after each use to keep bacteria from growing in seams and corners.

If using brown bags, start with a clean bag each time.



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