

Things to remember!

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



foodsmart.govt.nz

Ministry for Primary Industries
Manatū Ahu Matua



My cool lunchbox

Cool tips to keep your food safe at school



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

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



Clean hands are cool

