

SAFE LUNCHES, PICNICS AND CAMPING

Lunches:

1. To keep lunch perishables (eggs, meat, chicken) cold as long as possible, make sandwiches the night before, refrigerate and add a cold drink to the bag the next morning to keep your lunch cold even longer.
2. If you take a lunch box, put a small plastic container of ice, or a commercially available ice pack, or a frozen juice box in your lunch.
3. An alternative might be to freeze your sandwiches. They will thaw in time for lunch. Best done with coarse textured bread such as whole wheat or rye, which is less likely to become soggy.
4. To keep milk and other drinks cold, use a thermos bottle, which can keep things cold for several hours.
5. Keep the food in the coolest place possible; do not leave it in the sun where the bacteria will have a chance to grow.

Picnics:

1. Take all precautions previously mentioned when preparing food, then place it with ice packs into a cooler. Never use a cardboard box to take the food on a picnic as the box will not keep the cool air in.
2. At the picnic site, take the cooler out of the car and place in the best shaded area. Sometimes the only shade may be under a picnic table. In that case, cover the cooler and place under the picnic table.

Camping:

If going camping for more than a day, keeping food cold may be out of the question.

1. Avoid taking perishable foods when going camping for more than a day.
2. Fish – If you catch fish while camping, wash fish thoroughly after cleaning. Cook the fish immediately or keep on ice for no longer than 24 hours.
3. Take potable water or some way of treating the water, as lake and stream water is very likely to be contaminated with many bacteria which can cause you to become sick. Use the potable water to drink, to cook with and to brush your teeth.

How to Treat Water:

Commercial purification tablets are available or you may boil the water for 15 minutes. After boiling, let water stand to settle out suspended matter such as twigs and sand, then slowly ladle out into another clean container, or if possible, filter through a clean cheese cloth.