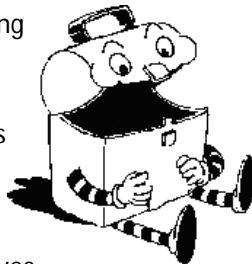


Packing Lunches . . . Safety First!

Keep these food safety tips in mind when packing your child's school lunches and snacks:

- Wash your hands first
- Work on a clean surface using clean utensils
- Use an insulated lunch bag with a small ice pack
- Pack hot lunches in a warmed thermos. Fill with hot food just before your child leaves
- Use clean, reusable plastic containers; don't reuse plastic bags - they can harbour bacteria
- Wash lunch containers and water bottles in hot, soapy water every night
- Wash all vegetables and fruit thoroughly, even those in packages labeled 'pre-washed' or 'triple-washed'



Visit Canada's Food Guide online at
www.healthcanada.gc.ca/foodguide



For More information,
call a Registered Dietitian
at 1-800-660-5853 or 613-345-5685
or visit www.healthunit.org/nutrition

Developed by Renfrew County and District Health Unit