

A mericans of all ages carry bag lunches to school or work. Ensure a safe lunch -- handle it safely.

Perishable food must be kept cold while commuting via bicycle, car, bus, subway or on foot. After arrival, perishable food should be kept cold.

Clean: Clean Hands, Clean Surfaces

- Wash hands with warm, soapy water before preparing or eating food.
- Wash utensils and countertops with hot, soapy water after preparing each food item.



 Use clean packaging and bags.

Separate: Don't Cross-Contaminate

- Use one cutting board for fresh produce and a different one for meat and poultry to avoid crosscontamination.
- At lunchtime, discard all used food packaging and paper bags. Do not reuse packaging because it could contaminate other food and cause foodborne illness.

Back-to-School Food Safety Reminders

Chill: Keep Lunches Cold

- Keeping food cold slows bacterial growth and keeps food safe.
- Harmful bacteria multiply rapidly in the "Danger Zone" — the temperatures between 40 and 140 °F.
- Keep perishable food refrigerated until time to leave home.
- Include a frozen gel pack or frozen juice box with perishable food in the insulated lunch bag or lunch box.
- Use an insulated soft-sided bag if possible. It's best for keeping food cold.
- Store perishable items in a refrigerator (if available) immediately upon arrival.

Keep Hot Lunches Hot

- Use an insulated container to keep hot food hot 140 °F or above.
- Cook frozen convenience meals according to package instructions, including standing time if using a microwave.

Food Safety ALERT! Perishable food transported without an ice source will stay safe only <u>2 hours</u> (1 hour if the temperature is above 90 °F).

www.befoodsafe.org 1-888-MPHotline (1-888-674-6854)



