

TIPS TO KEEP FOOD SAFE 🌡️

Food poisoning is never fun and young children are at a higher risk than adults. It is important to ensure your child's lunchbox stays cool at school. Take special care with high risk foods like meat, fish, milk, dairy products and eggs.

Follow our top tips to ensure the lunchbox is kept both safe and cool all day long.

1. Always pack an ice brick

- Did you know that lunchboxes packed without an ice brick can be 12 degrees warmer than those with an ice brick? They also grow more than four times the amount of food bacteria.
- Lunchbox food safety is so important. Don't forget to pack an ice brick!

2. Insulated lunchboxes and cooler bags

- Be prepared and invest in an insulated lunchbox or cooler bag.

3. The freezer is your friend

- Freeze water bottles or low fat milk poppers to use as an ice brick in the lunchbox. This is a great way to keep food cold, fresh and safe. As the drink melts it will double as a refreshing drink.
- Use frozen bread to make sandwiches. It helps keep the lunchbox cool and will be defrosted by lunchtime.

4. Keep it in the fridge

- Store the lunchbox in the fridge until you leave the house for school. Make it the last thing you grab before you run out the door.

5. Keep it clean

- Always wash and dry your hands thoroughly before preparing the lunchbox.
- Ensure lunchboxes and containers are washed daily, properly dried and kept clean.



Artwork: 'Heart of a child' by Lara Went Worimi Artist