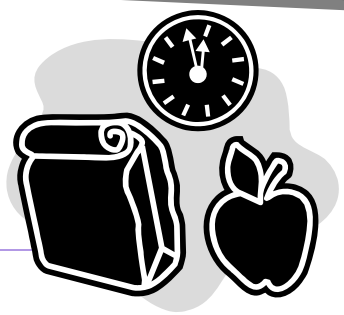
BACK TO SCHOOL:
Quick Tips to Packing a Safe Lunch



1. Freeze single-sized juice packs overnight and place the frozen drink in your child's lunch. The juice will thaw by lunchtime, but will still be cold. The frozen drink will also help keep the rest of the lunch cold.

2. Wash fruits and vegetables before packing them in your child's lunch.

3. Cold food should stay cold. Freezer gel packs and insulated lunch boxes can be purchased at your local grocery store and are great for keeping cold foods cold until lunchtime. Any perishable food (i.e. meat, poultry or egg sandwiches) not eaten at lunch should be discarded.

4. If your child chooses a brown paper bag to carry lunch, it's especially important to include a cold source. Be sure to use an extra paper bag to create a double layer. Double bagging will also help insulate the food better.

5. Tell your child to use the refrigerator at school, if one is available. If not, make sure they keep their lunch out of direct sunlight and away from radiators, baseboards and other heat sources found in the classroom.

6. If you make sandwiches the night before, keep them in the refrigerator until packing up to go in the morning.

7. Shelf stable foods such as, fresh fruits and vegetables, crackers, peanut butter sandwiches, packaged pudding and canned fruits or meats are great for easy packing.

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