



Food Safety Guidelines for LUNCHES TO GO!

Preventing foodborne illness

Let's Do Lunch!

Mornings are busy and packing lunches takes time. But why not take an extra few minutes to follow these tips from Canada's food safety experts? After all, they pack lunches too!

Three quick & easy steps to making a safe lunch

1. Get off to a CLEAN start!

- Handwashing is one of the best ways to prevent the spread of foodborne illness. Do you wash your hands for at least 20 seconds with soap and warm water before and after handling food?
- Are your countertops and utensils clean and sanitized? Sanitizing kills bacteria and can prevent foodborne illness. Don't forget to clean your lunchbox!

CHLORINE (BLEACH) SANITIZER

- Combine 5 ml (1 tsp.) of bleach with 750 ml (3 cups) of water in a labelled spray bottle.
- After cleaning, spray sanitizer on the surface/utensil and let stand briefly.
- Rinse with lots of clean water and air dry (or use clean towels).

Food safe tip: Because raw fruits and vegetables can be contaminated with bacteria, viruses and parasites, wash them thoroughly with clean, safe water before



you prepare and eat them. Use a brush to scrub produce with firm or rough surfaces such as oranges, cantaloupes and carrots.

2. Keep cold food cold

Perishable food like meat, chicken, seafood, eggs, mayonnaise, dairy products and all leftovers must stay cold to stay safe. Use frozen freezer packs to keep your food at or below 4°C (40°F). Try our Cool Tricks too!

Cool Tricks: Frozen juice boxes act like extra freezer packs and you'll love the icy juice when they thaw. Pack them between food that needs to stay cold.

- Use an insulated lunch box/bag. Keep it out of direct sunlight and away from radiators and other heat sources.
- You can refrigerate or freeze lunchbox items such as juice the night before, to get your lunchbox off to a cool start. Add a frozen gel pack to keep food properly chilled.

3. Keep hot food hot

To be safe, hot food like soup, chilli and stew must stay hot—at or above 60°C (140°F). Use insulated containers and keep them closed until lunchtime. Or, if you have a microwave available take your food cold and reheat it at lunchtime.

Foodsafe tip: Preheat your insulated container by filling it with boiling water and letting it stand for a couple of minutes. Pour out the water and fill the container with your hot food right away.

Developed by the Canadian Food Inspection Agency. For further information contact your local public health inspector in the healthy environment program.

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