

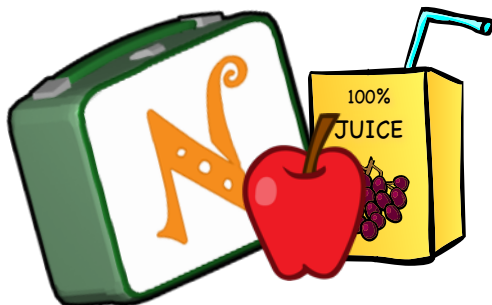
Chef Solus Back to School Food Safety



It's time to pull out the backpacks and clean the lunch boxes as children head back-to-school this month. Packing safe lunches for school and for work is critically important.

Packing a Lunch Food Safety Quick Tips:

- * Rinse fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Dry with a paper towel.
- * If lunches are made at home the night before, keep them in the refrigerator until it's time to go. Make sure the refrigerator is 40° F or below at all times and use an appliance thermometer to check the temperature.
- * Your child's lunch could include perishable items (sandwiches, fresh fruit) and shelf-stable items (crackers, packaged pudding). Perishable items need to be kept chilled to reduce risk of food borne illness.
- * Use an insulated lunch box, with an insulated bottle for hot foods or a frozen gel pack or a frozen juice box to keep perishable foods cold.
- * Wash insulated lunch totes or boxes with hot soapy water after each use.
- * Use an insulated soft-sided bag if possible. It's best for keeping food cold.
- * Make sure your child knows to throw out all used food packaging and perishable leftovers. Do not reuse plastic bags as they could contaminate other foods leading to food borne illness.



Source: The Fight BAC!® Web site at www.fightbac.org.