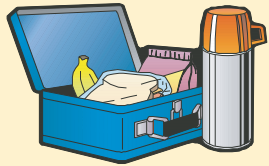


## INSULATED LUNCH BOX OR BAG

- keeps hot food hot, and cold food cold
- use frozen gel packs or juice boxes to help keep the pack cold
- pack food right from the freezer or fridge immediately before leaving the house

**Note:** store lunch in a cool place, in the hall or the classroom, out of direct sunlight and away from other sources of heat.



## KEEP FOODS CLEAN

- food preparation surfaces, hands and utensils should be cleaned with warm, soapy water before and after preparing foods
- wash all fruits and vegetables
- do not reuse foil or plastic wrap from the previous day's lunch



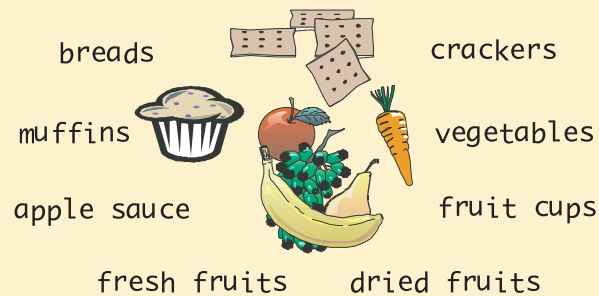
## HIGH RISK FOODS (spoil quickly)

(keep colder than 4°C or hotter than 60°C)



## LOW RISK FOODS

(no need to keep cold/hot)



# PACKING A HEALTHY



# SAFE SCHOOL LUNCH

Many students choose to bring their lunch to school in a lunch bag or lunch box. By following simple food safety rules, students can avoid getting sick from a lunch that was not stored or handled properly. Below you will find some basic tips for keeping school lunches safe.

## KEEP COLD FOODS COLD (colder than 4°C/40°F)

- freezer gel packs will keep perishable foods cold from early morning until lunchtime
- take frozen gel packs out of the freezer immediately before packing the lunch and place them next to perishable foods
- ensure that any leftovers are discarded
- another alternative to gel packs is to pack a lunch with a frozen juice box which will have the same effect of keeping the lunch cold

## KEEP HOT FOODS HOT (hotter than 60°C/140°F)

- hot food such as soups and chili need to be kept hot
- pack foods in an insulated container inside an insulated lunch box
- keep the insulated container closed until lunchtime to keep food hot

Peterborough County-City Health Unit  
10 Hospital Drive  
Peterborough, ON K9J 8M1  
Phone: (705) 743-1000  
Fax: (705) 743-2897  
Website: www.pcchu.ca



# Build A Healthy Lunch In Your Lunchbox Put...

## How to make a "cool" lunch your child will eat!

- **Make it a team effort.**  
When you and your child work together in planning and preparing the lunch, then the chance of success is much greater.
- **Tell your children why a healthy lunch is important.**  
Right from the beginning you need to explain to your children that their lunches must be healthy.
- **Include a small treat!**  
Just don't let the whole lunch become a treat.
- **Be creative!**  
Who says you can't eat green olives in egg salad?
- **Plan, Plan, Plan.**  
We all eat healthier when we plan ahead.
- **Add variety.**  
Different colours, textures, and shapes.
- **Make it look nice and easy to eat.**  
Use the many new storage containers available today. Finger foods are favourites.

### 1 or more Vegetables & Fruit

Apples  
Bananas  
Grapes  
Clementines  
Peaches  
Pears  
Juice-packed canned fruits  
Broccoli  
Carrots  
Cauliflower  
Green pepper rings  
Cucumber slices  
100% Unsweetened juice  
Tossed salad

### 1 or more Grain Products

Bread - oatmeal, rye, pumpernickel, fruit, cracked wheat  
Bagels  
Rolls & buns  
Granola  
Macaroni salad  
Bread sticks  
Rye crackers  
Whole wheat crackers  
Muffins  
Pita bread  
Tortillas  
Fruit breads  
Pita crisps  
Rice cakes

### 1 or more Milk & Alternatives

White milk  
Chocolate milk  
Fortified soy beverage  
Yogurt  
Chunks of cheese  
Milk-based soup  
Milk-based pudding  
Cheese strings  
Cottage cheese  
Minigo  
Yogurt tubes  
Cheese slices

### 1 or more Meat & Alternatives

Salmon or tuna  
Meatloaf  
Beef stew  
Chili  
Baked beans  
Peanut butter (if not restricted)  
3-bean salad  
Sunflower seeds  
Cold meats like roast beef, turkey, chicken  
Hard boiled eggs  
Hummus dip  
Samosas  
Refried beans  
Tofu

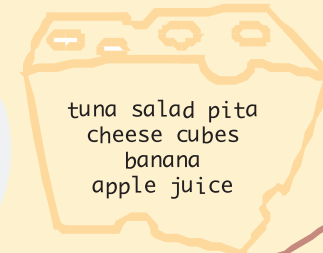
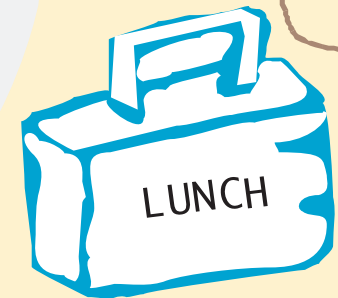
## Some Scrumptious School Lunches



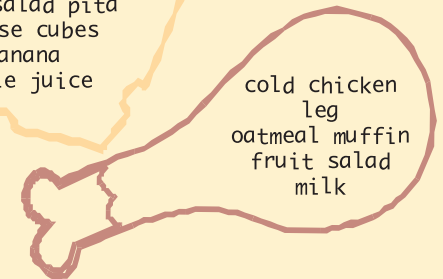
hard cooked egg  
bran muffin  
cheese strings  
apple slices  
fortified soy beverage



chili con carne  
corn muffin  
bunch of grapes  
milk



tuna salad pita  
cheese cubes  
banana  
apple juice



cold chicken leg  
oatmeal muffin  
fruit salad  
milk

*Eat well for health, energy, and to be your best!*