

Packing Food Safe School Lunches

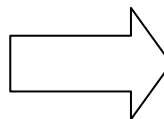
Wash Hands First



- **Use an insulated lunch bag.**
- **Wash them every day.**



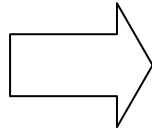
- **Keep COLD foods COLD with ice packs.**
- **A frozen juice box can also be used.**
- **Wash ice packs every day.**



For more information please contact: _____



Keep HOT foods HOT by heating the food first then keeping it hot in an insulated container. (e.g. Thermos®)



Examples of Healthy School Lunches



- Lamb curry
- Cauliflower and spices
- Flat bread



- Raw vegetables
- Hardboiled egg
- Crackers and hummus
- Cheese
- Cookie



- Soy spread (E.g. Wowbutter) and jam sandwich
- Raw vegetables and fruit
- Yogurt



Shrimp and vegetable stir fry on rice



- Chicken and vegetable stew
- Rice and beans



Homemade english muffin mini pizza