

For more information visit:
www.foodsafety.govt.nz



New Zealand Food Safety
Ministry for Primary Industries
Manatū Ahu Matua



- **Chill** packed lunches in the fridge overnight
- **Be Foodsmart:** don't eat perishable leftovers when you get home from school
- **Clean** used lunchboxes with hot soapy water and dry carefully.

Remember



Keep your lunchbox cool

Foodsmart tips to keep your lunchbox food safe

For the Kids:

- **Make sure your lunch is the coolest!** Keep it out of the sun
- **Clean hands are cool!** Wash and dry your hands before eating

For the grown-ups:

- Have clean hands and utensils when making packed lunches
- Freeze drink bottles overnight for an instant ice block or use a mini freezer pack for kids
- Keep perishable foods (like cold meats or egg sandwiches) safe by packing between cold items such as yoghurt
- Stick coloured stars on foods that might spoil to make sure they are eaten first
- Wash lunchboxes well each day

