



Tips for a Safe Lunch Box

Keeping cold foods cold (4°C or below):

- Place a frozen ice pack, water bottle or juice box beside the cold foods.
- Use an insulated lunch bag and keep it away from any heat sources.
- Fresh foods like cut fruit, veggies, meat, eggs, mayo, pasta, rice, milk products and leftovers cannot be left at room temperature for more than 2 hours.

Keeping hot foods hot (60°C or higher):

- Use an insulated food jar for foods like soup, chili, stew and leftovers so they are still hot at lunch.
- In the morning, preheat the insulated food jar by adding boiling water and letting it sit for a few minutes. Heat the food in the microwave or stove top. Empty the food jar of the boiling water and fill it with the hot food.

Keeping the lunch box clean:

- Wash the lunch bag or box often with warm soapy water.
- Wash fruits and vegetables before cutting up or eating.

For more information contact Ottawa Public Health at 613-580-6744 or visit www.ottawa.ca/health.