

# ALWAYS WASH HANDS



- Washing hands prevents illness. Hand-washing with soap removes germs from hands.
- Easiest way to know how long to wash hands, sing Happy Birthday twice

## 1. **Keep cold foods cold**

- a. If the meal contains perishable items, make sure to use at least two ice packs.
- b. Frozen drinks can be used!

## 2. **If packing a hot lunch, use an insulated container.**

- a. First fill with boiling water, dump out, then fill with the hot food. The boiling water will keep the container warm and the food warm longer.

## HOW TO PACK A SAFE LUNCH



## CUTTING BOARD TIPS

- Have a cutting board specific to cutting meat, this will prevent cross-contamination
- Plastic cutting boards are best for raw meat, wooden boards are known for holding bacteria
- Properly sanitize cutting boards, either with bleach and water and left to air dry or in the dishwasher
- Throw away cracked or worn cutting boards, they can also hold bacteria and be hard to clean

