

Many Americans bring bag lunches to work - a sometimes healthier and less expensive option. When bagging it at the office, always follow these food safety reminders:

- **Chill It!** Walk your lunch to a refrigerator immediately upon arriving at work. If a refrigerator is not available, include a frozen gel pack or frozen juice box with perishable food in an insulated lunch bag or lunch box.
- **Clean It!** Wash hands and surfaces (including desktop) with warm, soapy water before and after preparing or eating food.
- **Toss It!** After lunch, discard any uneaten perishable food and used food packaging and paper bags. Reusing packaging could contaminate other food and cause foodborne illness.

More on handwashing from [foodsafety.gov](https://www.foodsafety.gov) .