

School Lunch

FOOD SAFETY TIPS



For Kids

This is **BAC**. You can't see, smell or taste **BAC**, but he could make you sick. Follow these safe food handling rules and stay healthy!



Wash your hands with warm water and soap before eating your lunch and snacks. Hum the "Happy Birthday" song from beginning to end twice when washing your hands.



BAC hates the cold! Keep your food cold until lunchtime by using an ice pack in your lunch bag.

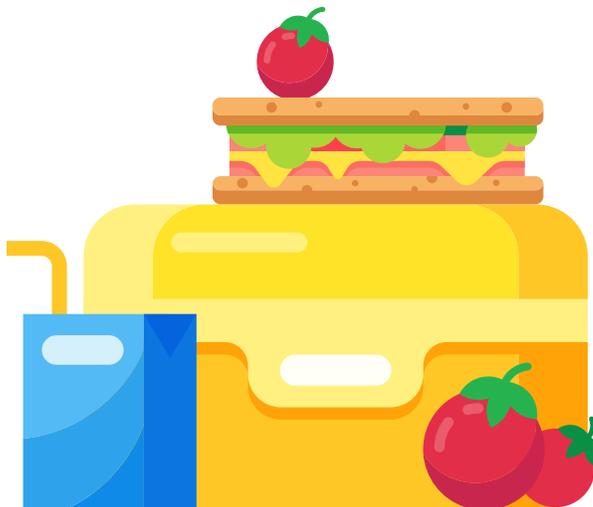


After lunch, throw away all leftover food, food packages and paper bags.



FOOD SAFETY WORD SEARCH

- Cook
- Chill
- Core
- Four
- Food
- Safety
- Clean
- Separate



D	C	L	E	A	N	I	V	P	C
Y	S	E	M	M	C	C	O	R	E
J	E	W	O	D	F	O	U	R	W
Y	P	J	H	S	A	F	E	T	Y
G	A	O	L	H	O	Z	Z	A	C
F	R	J	B	C	C	L	E	A	H
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T	E	I	S	N	V	Z	N	Y	W

Get more food safety tips at www.fightbac.org



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For Parents



97% of consumers failed to wash their hands properly when preparing a meal.*

*According to a 2018 study, U.S. Department of Agriculture



1 in 6 Americans get a foodborne illness each year.



Children represent half of all hospitalizations for foodborne illness in the United States each year.

CLEAN



Before preparing lunch, wash your hands with warm water and soap for 20 seconds. Wash your cutting boards, utensils and counter tops with hot, soapy water. Rinse fresh fruits and vegetables under running water, including those with skins and rinds that are not eaten. Make sure reusable lunch bags and coolers are clean before packing.



SEPARATE



Use one cutting board for fresh produce and a different one for meat and poultry. This will help you avoid cross-contamination or spreading bacteria from one food product to another.



CHILL



Use an insulated lunch bag or cooler and at least two cold sources, such as freezer packs, for lunches that contain perishable food items like luncheon meats, eggs, cheese or yogurt. This will help keep food chilled until lunchtime.



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