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.

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!

FOOD SAFETY TIPS

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FOOD SAFETY WORD SEARCH

Cook
Chill
Core
Four
Food
Safety
Clean
Separate

Get more food safety tips at www.fightbac.org
School Lunch
FOOD SAFETY TIPS
For Parents

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.

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.

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

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.

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

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