

School Lunch Safety



Region of Waterloo
PUBLIC HEALTH

Every year with going back to school comes preparing children's lunches. The following tips will help keep kids lunches safe and eliminate possible food poisoning.

Wash hands thoroughly

- Always prepare foods with clean hands
- Be sure to wash your hands thoroughly before and after food preparation
- Teach children to wash their hands before and after eating

Use clean equipment

- When preparing foods for lunches ensure all utensils and equipment are washed rinsed and sanitized before and after use
- Pack lunches in a clean container
- Wash out all containers after use
- Separate raw meats and ready-to-eat foods
- At home ensure raw products are stored separate from ready to eat foods. Raw meat can have Salmonella or E.coli on it that can contaminate other foods
- It is best to have a supply of shelf-stable food products that don't require much preparation or refrigeration such as fruits, crackers and pre-packaged foods

Keep food stored at proper temperatures

- Pack hot foods in a well insulated container until ready to eat
- Foods that are meant to be kept cold should be stored in an insulated container with an ice pack

Safe foods

- Nuts and peanut butter
- Dry cereals, bread, crackers, cookies, muffins and bagels
- Applesauce, fruit-cups, and pudding cups

At risk foods

- Meat, fish, poultry and eggs
- Salads containing mayonnaise, meats, fish or poultry
- Cooked rice or pasta
- Milk and milk products
- Sandwich meats
- Soups, chilis and stews

Region of Waterloo Public Health

Health Protection and Investigation

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