

FOOD SAFETY HANDOUT:

Packing a Snack Food Safety Hints

If you're packing foods for a snack, a school lunch or a picnic, be sure to follow these food safety steps:

- Always wash your hands, equipment and work surfaces before preparing foods.
- Keep sandwiches in sealed bags or containers in the refrigerator until you take them out of the house.
- Be sure to chill cold foods thoroughly before packing them with a freezer pack.



- Wash fresh fruits and vegetables before you pack them.
- Put a frozen juice box or freezer pack in your bag to help keep your snack cool.
- Save foods that don't need to be kept cold to eat later.
- Throw away leftovers that were not kept cold.
- Chill foods before putting them into a cooler.
- Be sure the cooler has plenty of ice, ice packs or frozen cartons of juice.
- Pack enough clean plates, forks and spoons for each person to have a set.
- Keep fruits and vegetables on separate serving plates from meats.
- Bring packets of towelettes, gel hand cleaner or a spray bottle filled with clean water and soap to wash up before handling foods.