

## **Packed Lunches**

Packed lunches with certain types of sandwiches and snacks can be a health risk if they are kept too long in the danger temperature (danger zone= between 5oC – 60oC) and so storage of lunches as well as what to pack is very important.

Australian summers are unforgiving and that is why we need to get it right to protect our children from food related illnesses.

## **Suggestions for what to put in lunch boxes IF THEY CAN'T BE KEPT COLD**

The following foods will usually be safe to put in school lunches even if you are unable to keep the food cold.

1. Fresh or dried fruit
2. Pieces of vegetable - carrot and celery sticks, etc.
3. Wrapped cheese sticks
4. A drink, such as water, which has been frozen over night.  
This will also keep other items cooler and help prevent any food from reaching a the danger zone
5. Vegemite or Peanut Butter Sandwiches

## **What NOT to put in lunch boxes if they cant be kept cool**

If you cannot keep the food cold, the following foods should be avoided:

1. all meats except dried meat
2. dairy products - yoghurt, soft cheeses, milk (flavoured or plain) all other dairy foods
3. any other food which you would normally keep in the fridge, such as seafood and cooked leftovers. These must be avoided at all costs.
4. NB: Any food that has been cooked such as egg or meat should always be cooled properly in the fridge. Never put warm food on a sandwich or in the lunch box.

Some great tips and suggestions for storage of food in lunch boxes can be found here.

If you have a fussy eater have a look here.