

The simplest way

... to keep food safe in summer.

Foods such as meat, fish, poultry and eggs; cooked pasta, noodles and rice; and dairy items such as milk, yoghurt, custard and cheese need to be kept very cold.

- Use a cooler bag and ice brick or frozen water bottle to keep food cold in the lunch box.
- Freeze items such as sandwich bread, milk poppers, and home-made muffins. They will be thawed and ready to eat at lunch time and keep other lunch box items cold.
- If preparing lunches the night before, store in the fridge or freezer.
- Don't store food in an insulated bag in the fridge, it stops the cold air reaching the food.
- For food that has just been cooked, cool it in the fridge overnight before packing.

