

PREPARE FOOD SAFELY

Preparing children's food safely and keeping packed lunches cool is essential. This stops any germs from growing that may harm children as their immune system develops.

Food safety essentials:

- Wash and dry your hands thoroughly before preparing children's meals and snacks.
- Use an insulated lunchbox for your child's lunch or snack.
- Add an ice brick or frozen water bottle to keep food cool.



**Always wash
your hands!**