

# Nutrition for Early Learning and Child Care

HEALTHY KIDS | HEALTHY SCHOOLS | HEALTHY COMMUNITIES



## Food Safety Tips for Packing Lunches and Snacks

Children can become very sick when food is not handled safely. Bacteria can grow quickly at room temperature in certain types of foods such as meat, poultry, fish, eggs, dairy products, cooked foods, and cut fruits and vegetables. Be sure to pack these foods safely.

### What can I do to pack a safe lunch or snack for my child?

- Wash your hands with soap and water before handling food
- Use clean surfaces (e.g. counters, cutting boards) and kitchen equipment to prepare food
- Wash fruits and vegetables before cutting
- Pack food in an insulated bag with an ice pack to keep cold food cold
- Store hot foods in an insulated container (e.g. Thermos™) to keep them warm
- Wash containers with warm soapy water every day to keep germs from growing
- Do not reuse plastic bags or other food wrap that cannot be washed properly

### How do I know if my child has foodborne illness (food poisoning)?

- Symptoms may include fever, stomach cramps, nausea, vomiting, and diarrhea
- If your child has these symptoms after eating a questionable food, see your doctor

For more information visit the Government of Canada website @ <http://healthycanadians.gc.ca/eating-nutrition/safety-salubrite/index-eng.php>