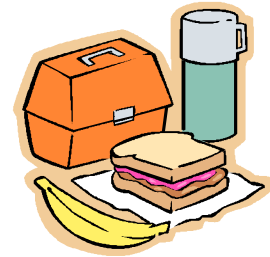


Pack a Safe Sack

Whether you pack daily school lunches or lunches for work, here are several tips we can share with you to keep these foods safe and make safe lunches appealing.

- Wash hands before and after food preparation.
- Keep lunch boxes clean.
- Keep cold foods cold.
- Wash all fruit and vegetables before you pack them.



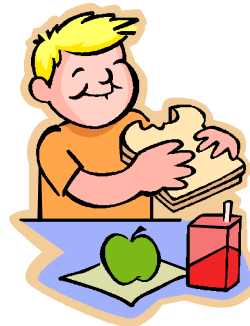
Lunch Box Tips

Wash lunch box daily with soap and water. Wash weekly with baking soda to prevent odors. Rinse vacuum container with hot water before filling with hot food or with cold water for chilled foods. Use a new clean brown sack each day.

Safe Foods to Pack

Here are foods that don't need refrigeration and can be packed safely:

- Peanut butter sandwich
- Cookies, crackers, and muffins
- Bread, bagels, English muffins
- Cereals, pretzels, and popcorn
- Fresh fruit and vegetables
- Dried fruits, raisins
- Canned and bottled juices
- Hard cheese
- Jam, jelly, and honey
- Unopened cans of fruit and pudding
- Canned meat, poultry, and fish that can be opened and eaten immediately



Quick and Easy Packed Lunches

1. Prepare lunch items the night before, following dinner. This saves on cleanup time. Store food properly. In the morning, pack foods in the lunch box.
2. Set aside a place in the refrigerator, freezer, and cabinets to store lunch items. This makes it handy to find lunch items when packing the lunch box.
3. Pack pre-sweetened cereal or a frozen container of yogurt, if desserts are needed.
4. Prepare sandwiches over the weekend and freeze them individually.

They will keep for two weeks in the freezer. Use margarine instead of mayonnaise. Fillings such as turkey, ham, roast beef, and cheese work the best.

5. Prepare fruits and vegetables that need paring/slicing the night before. Store in containers that can be put right into the lunch box.

Kid-Approved Packed Lunches

Here are some suggestions to make packed lunches fun and tasty so your children will eat nutritiously.

1. Plan the lunch menu with your children.
2. Have your children help prepare the lunch.
3. Kids like small things. Make portion sizes small.
4. Make fruit and vegetables easy to eat. Example: peel the orange and pack the separated orange slices.
5. Make lunches fun. Be creative. Example, use a cookie cutter to make sandwich shapes.
6. Take your children shopping and teach them how to read food labels and buy nutritious foods for their lunch.

Banana Peanut Butter Sandwich (makes 2 servings)

2 Tablespoons peanut butter
4 slices raisin bread
1 firm, small banana, peeled and sliced

Spread peanut butter on 2 bread slices. Arrange banana slices on peanut butter. Top with remaining bread.

Nutritional information: 278 calories, 9 grams fat, 260 mg sodium

Source: Ohio State University Extension. This material based on work by the Cooperative State Research Education & Extension Service, USDA under a special project # XX-EFSF-0-3500. Materials developed by Ella Mae Bard and Sharon Strouse

All educational programs conducted by Ohio State University Extension are available to clientele on a nondiscriminatory basis without regard to race, color, creed, religion, sexual orientation, national origin, gender, age, disability, or Vietnam-era veteran status.

Keith L. Smith, Associate Vice President for Agricultural Administration and Director, Ohio State University Extension

TDD No. 1-800-589-8292 (Ohio only) or 1-614-292-1868