

Choosing a Cool Bag

- Ideally the bag should have external pockets for snack items to be eaten at break times
- Make sure that the bag can be opened easily—some can be particularly difficult for young children to open
- Choose a bag that is durable and easy to carry—bags that have a very rigid construction are more difficult for children to carry and more susceptible to damage
- Choose a bag that can be easily cleaned, both inside and out—wipe them regularly with a disinfectant
- Use the right size ice packs—they are available in a range of different sizes and shapes.



Craven District Council

1 Belle Vue Square

Broughton Road

Skipton

North Yorkshire

BD23 1FJ

01756 706258

environmentalhealth@cravencd.gov.uk

www.cravencd.gov.uk



INVESTOR IN PEOPLE

If you require this document in an alternative format or language please contact us.

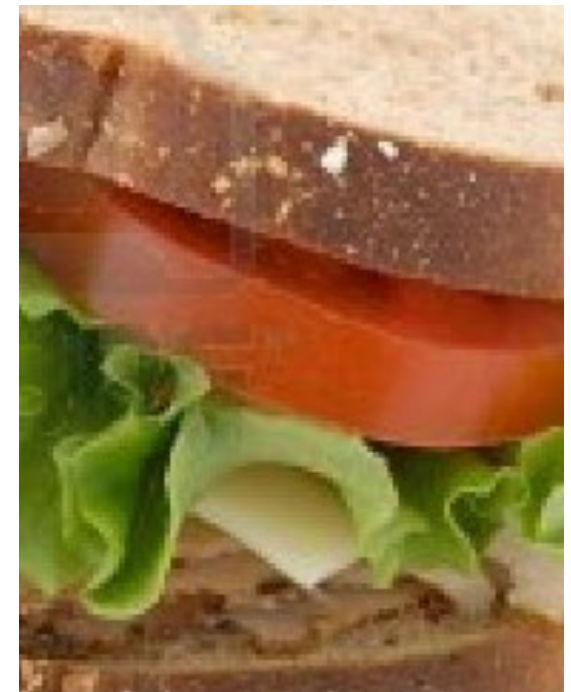


This leaflet is produced by Environmental Health, Craven District Council. March 2013

CDC/PSH/006

Pack Cool For School

...preparing packed lunches



Packed lunches are often the cause of food poisoning with children especially vulnerable. They are often prepared hours in advance and left in warm classrooms or coaches on school outings.

According to the Food Standards Agency up to 5.5 million people in the UK—one in ten—are affected by food poisoning every year, with only a small number of them visiting the GP as a result.

And as most cases of food poisoning are mild—and not reported—only around 100,000 cases are tested and exact causes investigated.

Children are especially vulnerable so it is essential that care is taken when preparing their food—and school lunchboxes. But the information in this leaflet is also valuable to anyone putting together packed lunches and picnics.



Preparation

- Wash and dry your hands before you start, covering any cuts with a waterproof plaster
- Clean and disinfect work surfaces before and after food preparation
- Check that food is within the 'use by' or 'best before' dates
- Wash all salad ingredients under cold running water, including bags of ready prepared salad.
- Keep raw and cooked food separate during storage and preparation
- If possible use different chopping boards and utensils for cooked and raw produce—wipe the chopping board with a hygiene cleaner in between preparation of different food.
- Meat and poultry should be cooked thoroughly to destroy bacteria, cooled as quickly as possible—in no more than 90 minutes; and stored in the fridge until required
- Never put hot food in the fridge
- Eggs must be hard—boiled for ten minutes and then placed in a pan of cold water.
- Sandwiches made in advance should be kept overnight in the fridge or frozen depending on the filling—wrap with grease-proof paper or foil, and place in a plastic sandwich box.



Storage

Warm conditions encourage the growth of bacteria so it is essential to keep packed lunches cool:

When possible chill food and drink to be included in the lunchbox to help keep it cool

The best way to keep food cool is to pack it in an insulated cool bag along with an ice pack. Cool bags should be used throughout the year.

Small cartons of fruit juice can be frozen—pack them around sandwiches to keep them cool

Pack snacks for breaks separately from lunch items to prevent the lunch pack being opened too often

Choose a bag that is big enough to carry a lunch box and an ice pack, but avoid bags that are too big.