

## Steps On Keeping “Bag Lunches” Safe

First you must start with safe food. Perishable food must be kept cold or frozen at the store and at home. These foods should not be left out in room temperature more than 2 hours or 1 hour if the temperature is over 90 degrees.

Before you begin to prepare or eat food you always need to wash your hands. Cutting boards, dishes, utensils, and countertops should be washed with hot, soapy water after preparing each food item. These items can be sanitized by cleaning with 1 teaspoon bleach in 1 quart water.

Don't cross contaminate