

September marks the start of the school year and National Food Safety Education month. The Partnership for Food Safety has easy tips to ensure scholars of all ages enjoy a health back-to-school.

Quick lunch lessons:

- Always wash your hands. Use soap and warm water for 20 seconds before and after handling food and eating. Sing "Happy Birthday" twice to get your timing right!
- Rinse fresh whole fruits and vegetables under running tap water before packing them into a lunch.
- Use an insulated lunch box and insulated bottle to keep hot foods hot. Use freezer packs or solid frozen juice boxes to keep cold foods cold.
- Perishable food such as meat, poultry, or egg sandwiches not eaten at lunchtime should be discarded.



THE PARTNERSHIP REMINDS  
**CONSUMERS TO ALWAYS**

**CLEAN:** Wash hands with warm water and soap for twenty seconds before and after handling food and wash surfaces often.

**SEPARATE:** Don't cross contaminate. Keep raw meat, poultry, seafood, and their juices away from other foods.

**COOK:** Cook to a safe internal temperature. Use a thermometer to measure the internal temperature of foods.

**CHILL:** Refrigerate or freeze perishables promptly. Keep your refrigerator at 40°F and use an appliance thermometer to monitor.