

# The simplest way

...to keep lunch foods fresh.

Food packed at home in the lunch box needs to stay fresh and safe to eat at school.

Meat, fish, poultry, eggs, noodles, rice, pasta, custard, yoghurt, cheese and milk need to be kept very cold to prevent food poisoning.

Pack lunches in a cooler bag with a cold brick.

Freeze items such as sandwiches, milk poppers, yoghurt, custard tubs, muffins, or fruit segments to pack on hot days.



**For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
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The *Eat It To Beat It* program is supported by the Western Sydney  
Local Health District Live Life Well @ School Program.