

# Three Food Safety Tips For Lunch Boxes



Hassle-Free Healthy Lunch Box Tips with Belinda Smith.

Research into lunch box studies show one of the barriers parents identify to packing fresh food is how do they keep food safe during the day since most schools do not have fridges for the students. Today, we look at 3 important food safety tips you can use to help keep food fresh and safe.

## 1. Insulated Lunch Bag

Insulated lunch bags are a first line defence for keeping food fresh and safe. You can also pop the bag in the fridge overnight so it starts the day cold in the school bag.

## 2. Ice Bricks or Frozen drinks

Ice bricks are a great way to keep food cold, fresh and safe. When you add them to an insulated lunch bag, you have 2 layers of defence for keeping food safe.

Another tip is to freeze a small drink bottle and use it as an ice brick. The added bonus is your child will have super cold water to drink throughout the day.

## 3. Freeze or refrigerate foods

You can prepare many lunch box foods in advance and keep them in the fridge or freezer. Then pop them straight into the lunch box and they'll be safe to eat at room temperature.



*So Young Insulated Lunch Bag*

## Ideas

- Choose lunch boxes, containers, drink bottles and other lunch bags which are BPA Free
- Visit <http://rootcau.se/lm> for a product review of So Young Insulated Lunch Bag

These Hassle Free Healthy Lunch Box Tips are brought to you by Bel Smith, Health & Wellness Coach. For more lunch box inspiration and a FREE eBook, subscribe via email at [therootcause.com.au](http://therootcause.com.au).