

Healthy Teens

April 2019 Parent Newsletter



Safe Lunches

One of the tasks many of us do before leaving for work or school is make sure everyone in the house has a lunch. Whether taking a lunch for work or school, here are some tips to make sure the lunch is still safe to eat at lunchtime.

Wash your hands before starting to make lunch. Wash fruits and vegetables that you are including in the lunch. Use clean tools to prepare the lunch.

Prepare the items the night before and keep them refrigerated. This will keep the food safe and save time in the morning.

Choose an insulated lunch bag that is easy to clean. You can

use a small ice pack or frozen juice box to keep items cold.

Keep hot foods hot by pre-warming your insulated container with boiling water and letting it stand for a few minutes. Empty the water and put the hot food in the container. This will help hot food stay hot until lunchtime.

Some options that do not need to be kept cold are whole fruits and vegetables, dried fruit and vegetables, cereals, bread and crackers and unopened cans of meat or fish.



For more information about food safety, visit

<https://www.canada.ca/en/health-canada/services/seasonal-food-safety/safe-school-lunches.html>

Articles

Safe Lunches

Talking with Your Teen about STIs

Did you know that you can subscribe to the federal government's list of food recalls to keep informed about foods recalled based on undeclared ingredients at: <http://www.healthycanadians.gc.ca/recall-alert-rappel-avis/index-eng.php>

