

Importance of Food Safety

It is important that we follow the recommended safety guidelines designed to assist in the safe and hygienic preparation of packed meals and thereby keep our children safe from food borne illness.

Lunch foods that can be eaten at room temperature include:

- ◆ **Peanut butter**
- ◆ **Jams and jellies**
- ◆ **Breads, crackers, cereals**
- ◆ **Clean fruits and vegetables**
- ◆ **Dried meats, such as beef jerky**
- ◆ **Baked products, such as cookies and cakes**
- ◆ **Canned meat or poultry products** that are eaten immediately after opening



For further information on
Food Safety

Please contact DEH at

The following addresses:

Grand Cayman

Department of Environmental Health

P.O. Box 1820 GT

CI Environmental Center

Grand Cayman, Cayman Islands

KY1-1109

Tel: 345-949-6696

dehcustomerservice@gov.ky

Cayman Brac & Little Cayman

Department of Environmental Health

P.O. Box 212 Stake Bay

Cayman Brac, Cayman Islands

KY2-2101

Tel: 345-948-2321

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LUNCH BOX SAFETY



Department of
Environmental Health
Working now and for the Future

At Home

- **Keep food preparation areas in the kitchen clean.**
- **Wash your hands** with anti-bacterial soap and warm water before handling food.
- **Clean your cutting boards, dishes, utensils and counter tops** with hot water and anti-bacterial soap and / or sanitizer .
- **Don't let pets have access to kitchen counters and other food preparation surfaces.**
- **Don't allow highly perishable protein based foods** ie. cooked meats, poultry & dairy items to remain at room temperature for long periods.
- **Always return perishable food items chill storage promptly after use.**

The Lunch Box

- Pack lunch in the morning not from the night before.
- Make sure that **chill foods are below 40°F** before packing into lunch box.
- **Use insulated lunch boxes** to keep food at a safe temperature until lunch.
- **Pack a frozen juice box or ice pack in a lunch box** to help food stay extra cool.
- **Keep hot foods hot.** In the morning; bring food to a boil and then place into a hot, clean vacuum bottle. (You can disinfect the vacuum bottle with boiling water.)



At School

- Instruct kids to **store their lunch boxes in a cool place** out of direct sunlight.
- **Place dairy products** such as milk and yogurt **into a refrigerator.**
- Instruct kids to **always wash their hands** before eating foods.
- **Advise children** not to eat food that has a funny taste or smell; as this is indicative of spoilage.
- Use food **within their recommended dates.**

