

# Guidelines on Food Safety & Quality for Schools, Colleges

## Food Safe Lunch Boxes

- Wash your hands before and after preparing lunch box
- Wash lunch box daily with warm soapy water and air dry
- Wash fruits and vegetables including peel-and-eat fruits like bananas and oranges to prevent bacteria getting in while peeling
- Keep kitchen slab / counter, cutting boards & utensils clean and dry while preparing lunch
- If preparing lunch box a night before, keep perishables like yoghurt, salad, sandwiches in refrigerator
- Pack lunch in insulated lunch box or double paper bag
- Keep raw and cooked food in separate compartments
- Keep shelf stable food like fresh fruits, toast / chapati, cooked vegetables, canned fruit juices in lunch boxes.



- After preparing lunch, immediately return unused portions of perishable food in refrigerator
- Educate children to keep lunch boxes in cool area away from sunlight, if possible in school fridge with identification
- Teach children on hand wash by singing two choruses of "Happy Birthday" (about 20 seconds), while washing hands
- Encourage children to consume all perishable with no leftover
- Educate children to wash hand before and after lunch and gargle / clean teeth after lunch

## Water Bottle Food Safety

- Use dedicated water bottle
- Do not reuse empty soft drink "PET" bottles
- Clean water bottle daily with warm soapy water. Rinse thoroughly with potable water to remove traces of soap
- After cleaning keep inverted to drain the remnant water
- Do not wipe from inside with kitchen cloth / duster
- Air dry in inverted position
- Do not exchange water bottles with others
- Close the bottle cover after drinking water
- Always take potable / filtered water for drinking



## Food Safety during Picnic

- Carry moist tissue papers or soap and water to clean your hands and surfaces
- Carry extra plates to keep raw food and cooked food separately
- Cook thoroughly
- Keep food covered to protect from dust
- Carry frozen /perishable food well insulated in ice boxes
- Do not leave food in hot weather (32°C or above) for more than one hour
- Throw garbage in garbage bins only

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### Confederation of Indian Industry

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