

## Good for Kids good for life

### ICE ICE BABY - FOOD SAFETY

As the summer days get warmer so does the temperature inside your child's lunchbox. Warm lunchboxes increases the risk of food borne illnesses.

The food packed for child's lunch can be stored within the lunchbox for several hours prior to being eaten. A study by NSW Food Authority has shown that on a 25°C day temperatures for lunch packed without an ice brick can rise up to 12°C higher and produce 14 times as much bacteria as those packed with an ice brick or frozen drink.

Over summer make sure you pack an ice brick or a frozen drink with your child's lunch, and if possible use an insulated lunchbox as well!

