Keep cold foods cold.

Put food back in the refrigerator after snacks and meals. Don’t leave foods on the counter.

Some foods that need to stay cold include:
• sandwiches or salads made with meat and poultry;
• tuna and egg salad;
• milk, cheese, and yogurt;
• opened cans of pudding;
• peeled or cut fruits and vegetables.

Use an insulated lunch box or bag to keep food cold at school.

Keep your lunch in the coolest place possible. Never leave it in direct sun.

Add an ice pack, frozen juice box, or use a thermos to keep food cold.

Use a cooler with ice when you pack a picnic lunch.

His name is BAC (bacteria) and he is on the attack. He is the invisible enemy and he can make you sick. But you have the power to Fight BAC!™ and keep your food safe.

Check out the ways you can Fight BAC!™

Kids, unscramble the tiles to show the secret message.

FIGHT TO COBACFOLDODS
KEEPCOLD