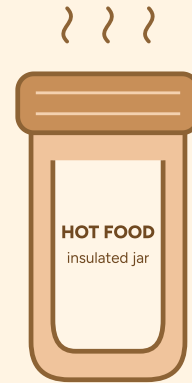


Pack the right equipment

Choose the cold-lunch route or a safely packed hot main.



Cold lunch



Hot main

EQUIPMENT ILLUSTRATION

Before you close the cold bag

- ☐ Keep perishable foods refrigerated until departure.
- ☐ Use an insulated bag with two cold sources.
- ☐ Use a refrigerator or cooler at school if one is available.

If packing a hot main

- ☐ An adult prepares a suitable preheated insulated food jar.
- ☐ Reheat leftovers to 165°F; check with a food thermometer.
- ☐ Use a setup that keeps food at 140°F or above until lunch.

165°F is for reheating leftovers. 140°F or above is for hot holding.

Follow the jar's instructions. Keep cold perishable sides protected separately.

Final check

- ☐ Check lids, utensils and the correct child's lunch.
- ☐ Check school storage and any help needed with the jar.

Adapt foods, amounts and textures to your child and school rules. Equipment alone does not establish a safe holding time.

Sources: [USDA back-to-school lunch safety](#) and [FDA Safe Food Handling](#). Companion to "School Lunch Ideas That Don't Need a Microwave."