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# EAT BETTER FOR LESS

EatGatherGo.org

## Earn Extra Credit for New Food Safety Skills

As students head back to school, now's the perfect time to teach them how to pack a safe lunch. Here are some reminders for packing a meal for work, school, or on-the-go:

### Cleanliness before food prep



Lather hands with soap and warm water for 20 seconds before handling food. Wash utensils and food prep surfaces with hot water and soap.

### Rinse fruits and vegetables

Don't pack germs with your goodies. Wash all produce under running water and dry before adding them to your lunch.



### Plan ahead

Sandwiches and other perishables can be made the night before. Just remember to refrigerate until needed.



### Keep hot foods hot and cold foods cold

Use an insulated bottle for hot foods, and frozen juice boxes to keep cold foods chilled. Do not open until lunch.



Looking for a tasty side to enjoy with your lunch? Try our Creamy Fruit Salad. You can make it with your favorite fruit and yogurt for a special treat. Just remember to keep it cool until serving.

### Creamy Fruit Salad

#### Ingredients

- 1 cup drained pineapple chunks
- 1 large apple, chopped
- 1 banana, sliced
- 1 orange, chopped
- 3/4 cup low-fat piña colada yogurt

#### Directions

1. Put pineapple chunks in a medium mixing bowl.
2. Prepare apples, banana and orange as directed and add to bowl.
3. Add yogurt to bowl and mix gently with a spoon until fruit is well coated. Refrigerate leftovers within 2 hours.

Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.



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Nutrition Education Program



Purduenep



Resources: [www.fightbac.org/kidsfoodsafety/school-lunches/](http://www.fightbac.org/kidsfoodsafety/school-lunches/) [eatgathergo.org/recipe/creamy-fruit-salad/](http://eatgathergo.org/recipe/creamy-fruit-salad/)

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