Five-day desk snack rotation

Plan perishable snacks with a safe cold-storage and transport plan.

DAY	SNACK / PREP DATE	COLD PLAN / RESTOCK
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

Use an insulated bag and at least two cold sources around perishable food.
Refrigerate at work as soon as possible; keep cold food at 40°F or below.
Check ingredient dates and plan a second prep session when needed.
USDA: ask.fsis.usda.gov/article/How-do-you-keep-a-bag-lunch-safe
Cold holding: ask.fsis.usda.gov/article/What-is-the-Danger-Zone
Discard perishables left out over 2 hours (1 hour above 90°F).