Pair your lunch and snack containers

Plan your containers and check that both fit your bag. No purchase required.

Choose a larger container for lunch and a smaller one for a snack. Measure both together in the bag, including lids and any cooling packs. Check each item’s heating, cooling and washing instructions.

FOOD SAFETY

Keep perishables at 40°F (4°C) or below. If refrigeration is unavailable, use an insulated lunch bag with at least two cold sources above and below the food. Discard perishables left above 40°F for more than 2 hours, or more than 1 hour if air temperature exceeds 90°F. Identify allergens.

YOUR PLAN

Lunch container _____

Snack container _____

Bag dimensions _____

Cooling plan _____

Sketch both containers and cooling packs:

Sources: https://ask.fsis.usda.gov/article/How-do-you-keep-a-bag-lunch-safe
https://ask.fsis.usda.gov/article/Is-food-safe-if-left-out-overnight

Full guide: https://figurenook.com/guides/pair-your-lunch-and-snack-containers/