Workday snack packing checklist

Three adult snack-box ideas. Pick portions and ingredients that suit your needs.

- [ ] **CRISP VEGGIES**

  Wash and dry carrots and cucumber. Cut on a clean board.

- [ ] **VEGGIES + DIP**

  Pack hummus in a separate lidded cup. Close the cup for transport.

- [ ] **CRACKERS + CHEESE**

  Keep crackers dry; pack cheese separately and keep it chilled.

- [ ] **CHECK THE FIT**

  Close all lids without force. Inner cups are not part of the featured set.

- [ ] **CHILL PERISHABLES**

  Refrigerate promptly at 40 F / 4 C or below.

- [ ] **PACK FOR THE TRIP**

  Use an insulated bag with cold packs. A closed box is not refrigeration.

- [ ] **BEFORE EATING**

  Check food labels and allergens. Add dry crackers only when ready.

- [ ] **AFTERWARD**

  Clean the container and lid according to their care instructions.

Do not leave perishable food out over 2 hours, or over 1 hour above 90 F / 32 C.

Source: FDA, Are You Storing Food Safely? No fixed shelf life for mixed snacks.

Optional product links are on the guide. This checklist requires no purchase.

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