



401-751-4503

RI Healthy Schools! Healthy Kids!

Field Trip Food Safety Guidelines

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Parents, teachers, and students need to plan field trip food so that the food will be safe to eat after being in a lunch box/bag for four or more hours. Foods need to be either non-perishable or they need to be kept properly cold or hot. Keep the following in mind when planning a field trip that includes a meal or snack.

Easy to pack foods that do not require refrigeration:

- Peanut butter and jelly sandwich
- Peanut butter and banana sandwich
- Whole fruits
- Dried fruits
- Unopened cans or cups of fruit
- Nuts and seeds
- Vegetables
- Unopened boxes of 100 % fruit or vegetable juice
- Breadsticks, pretzels, bagel, rice cake, muffins,
- Granola, trail mix
- Unopened cans of pudding
- Crackers
- Crackers and peanut butter

Store food items:

- Out of direct sunlight
- Away from an engine

- **Keep Cold Foods Cold:** Use an insulated bag.
- Pack sandwiches with a frozen juice box or a frozen ice pack
Freeze sandwiches overnight (Coarse textured breads don't get soggy as they thaw). If packing milk, use a thermos or buy milk from school; Be sure it has been packed with ice or ice packs
- Sandwiches made with lunchmeats, poultry, tunafish and eggs need to be kept cold.

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Always remember to: Wash your hands before handling food

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Wash fruits and vegetables

Wash utensils and containers thoroughly with soap and warm water, and rinse after each use