



Pack a Safe Lunch

Tuna salad is a protein food, so it needs to stay cold to be a safe food. If you pack a tuna salad sandwich in a lunch, be sure that sandwich stays cold.

Will your lunch be kept in a refrigerator until it is eaten? *Great!*

If not, it is important to pack something in the lunch to help keep it cool. Use freezer ice packs made specifically for keeping lunches cool, or freeze juice boxes to go in the lunch. These will not only keep the sandwich cool, but also thaw to provide a cool drink for your lunch. An insulated lunch bag helps keep lunches cool, appetizing and SAFE.

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.



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