

Taking food on excursions



If you take food for children to eat on an excursion, it is important that the food is transported correctly so that it remains safe to eat before serving.

Choosing foods

- Avoid taking perishable foods if they are not to be eaten within four hours. Choose safe alternatives if possible, eg food that doesn't need to be kept cold, such as sandwiches with jam or Vegemite™, crackers, muffins, UHT dairy products, whole fruits (not cut up)

Packing

- Chill any perishable foods thoroughly in the fridge before the excursion
- Pack chilled foods in an esky or cooler bag with ice bricks or frozen drinks to keep them cool
- Pack hot foods in an insulated container (eg foam box, thermos) to keep them hot
- Cover or wrap foods, or seal in a clean container
- Keep raw foods separate from cooked or ready-to-eat foods
- Pack hand wipes or sanitiser gel if there won't be any water to wash hands before preparing or eating food



Transporting

- Minimise transport time (in between packing and serving)
- Be aware of time spent in the temperature danger zone, since you can't place food back in the fridge after two hours
- Avoid opening insulated bags and containers until you are ready to serve the food

Serving

- Wash and dry hands properly before touching food
- Try to serve and eat foods within two hours of it being prepared



Examples of higher risk foods for transport

- Sandwiches containing meat or cheese, eg ham, devon, chicken loaf
- Hot food that has to be served hot, eg soups, casseroles
- Pre-prepared salads
- Pre-made fruit salad or cut fruit
- Desserts with cream or eggs in them
- Milk, cream, soft cheeses, eg ricotta

Examples of safer alternatives for transport

- Sandwiches containing spreads, eg jam, Vegemite™
- Bread, wraps
- Crackers, crispbread
- Cooked vegetables
- Whole fruit (can be cut up just before serving)
- Muffins, biscuits, scones, muesli bars, slices
- Hard cheese, eg cheddar
- UHT milk
- Dried fruit