

What could be LURKING UNDER YOUR LUNCH?

Mold Yeast* Staphylococci *Enterococci Enterobacteriaceae

Tips for a healthy lunchbox



Do...

1



WASH YOUR HANDS BEFORE YOU EAT

It might sound like obvious advice but bacteria can easily transfer from our skin onto our food. Soap and water is all you need.

2



CLEAN AFTER EVERY USE

Bacteria and molds thrive in this type of environment and will easily spread if you don't remove them.

3



USE WHITE VINEGAR

Use plain to naturally disinfect your lunchbox or dilute with water. Then just wipe clean.

4



USE BAKING SODA

Sprinkle it into your lunchbox and leave overnight - it's a great deodorizer.

5

USE AN e-cloth®

The cloths are made up of millions of tiny fibers and are clinically proven to **remove over 99%** of bacteria as well as heavy dirt, grease and anything else you might find under the lid of your lunchbox, using just water.



Don't...

1



USE BABY WIPES

While the lunchboxes might look clean, these wipes are not designed for removing bacteria.

2



USE A DRY TEA TOWEL / DISH CLOTH

Just like the baby wipes, it might make your lunch box look clean but all you're doing is moving the bacteria around rather than getting rid of it.

3



USE THE WASHING MACHINE

Most of the fabric lunchboxes will have care instructions on them, it's likely that the thermos layer will get damaged if you put them on a hot wash and there is no guarantee that you will have removed all of the germs using this method.

4



USE CHEMICAL CLEANING SPRAYS

Scientists from the University of Bergen in Norway say regular exposure to cleaning chemicals lead to more asthma and respiratory symptoms. These sprays also leave a chemical residue on surfaces which can then transfer onto the food you put in your lunchbox.

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