



HEAT RETENTION

PREPARING FOOD

Moist food helps with heat retention

1. Prepare solid food like rice with extra moisture. This also helps the food from getting dry at the time of your meal

PRE-HEATING

A warm lunch box is the best first step

2. Warm up the containers and shell by rinsing them with hot or warm water
3. Fill the containers on a warm or hot surface

FILLING

Warm food is not going to become hot

4. Fill containers with piping hot food, much hotter than serving temperature
5. Fill container on a wood or plastic surface (countertop/cutting board), avoid steel or marble
6. Fill containers to capacity
7. Fill containers quickly, seal them and immediately place them in the lunchbox
8. Secure the lid properly by pressing firmly along the rims
9. Do not carry empty containers, fill empty containers with a hot wet towel (great to clean your hands before the meal)
10. Place the food you'd like to keep hottest in the top container
11. Do not mix hot and cold food in the same lunchbox

AFTER FILLING

Now it's time to keep your lunchbox warm

12. Use the provided BagMat for better heat retention
13. Place your lunch box by the window -near the sun or in a warm place

LEAK PREVENTION

1. Do not overfill
2. Keep the lunchbox and Bagmat vertical at all times
3. Carry all containers to make sure the latches can lock them properly
4. Before placing a container in the lunchbox, secure the lid properly by pressing firmly along the rims
5. Place lower container properly in the base, then stack others on top
6. Partially zip the BagMat and insert the lunchbox into it vertically
7. DO NOT lay the lunchbox horizontally on the BagMat before zipping it



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