



Healthy Packed Lunches

1. Mix and Match for a Balanced Meal

- **Protein:** Turkey slices, boiled eggs, chicken, hummus, cheese, yogurt
- **Grains:** Wholemeal bread, tortillas, crackers, rice cakes, wholewheat pasta
- **Veggies:** Carrot sticks, cucumber slices, cherry tomatoes, peppers
- **Fruits:** Apple slices, berries, grapes, orange segments, bananas
- **Healthy Snacks:** granola bars, popcorn, yogurt, cheese sticks

2. Quick & Easy Lunch Combos

- **Wrap it Up:** Wholemeal tortilla with turkey, cheese, and lettuce
- **Box it up:** Boiled egg, cheese cubes, carrot sticks, crackers, and apple slices
- **DIY Sandwich:** Wholemeal bread, ham, cheese, and lettuce
- **Snack Attack:** Crackers, hummus, cucumber slices and grapes
- **Pasta Salad:** Cold pasta with chicken, cherry tomatoes, and a sprinkle of cheese

3. Time-Saving Tips!

- **Prep the Night Before:** Cut up veggies, make sandwiches, or pack leftovers.
- **Use Reusable Containers:** Keep foods fresh and the environment clean!
- **Freeze Ahead:** Make and freeze sandwiches or muffins for a grab-and-go option.

4. Fun & Healthy Ideas

- **Shape It:** Use cookie cutters to make fun sandwich shapes.
- **Colourful Lunch:** Pack fruits and veggies in a rainbow of colours for extra nutrition.
- **Dip & Dunk:** Add a small container of hummus or yogurt dip for veggies or fruit.

5. Don't Forget!

- **Stay Hydrated:** Pack a reusable water bottle.
- **Keep it Safe:** Use an ice pack to keep food cool and fresh.