

# Create low-cost healthy lunches without the waste!

Lots of lunches and snacks are readily available from the supermarkets, but they often create a lot of rubbish.

With a little bit of forward planning you can save money, eat healthily and make less rubbish!

Here are some zero waste tips...

Use old takeaway containers/ice cream tubs as lunchboxes



Buy your favourites like crisps/yogurt/nuts in bulk and separate into smaller portions to avoid waste



Make sure you have a reusable bottle for drinks



Buy fruit loose at the supermarket to avoid extra packaging



Try making some of your own snacks like flapjacks/scones/popcorn/muffins, try experimenting with new flavours with your kids



Why not try a cloth or beeswax sandwich wrap



Batch cook family favourite meals and use a food/soup flask for hot lunches the next day (remember to pack a spork!)

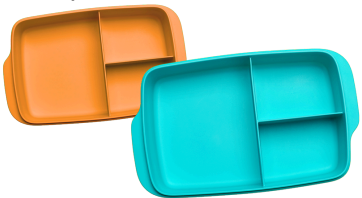
Look out for your local refill/zero waste shop for waste free snacks



Keep foods that need to be refrigerated cold using a reusable, insulated lunch box/bag or a reusable ice pack in your lunch



Why not try a divided lunch box to keep food separate and fresh



Remember to bring reusable cutlery



Make your own fruit smoothies or compote to reduce waste from pouches/cartons and use up old fruit



Wash your empty containers and use them again and again and again



Need inspiration?

Turn over for healthy packed lunch ideas

For more ideas visit the following websites:

- [www.pinterest.co.uk/recycledevon/waste-free-lunch-box-ideas/](http://www.pinterest.co.uk/recycledevon/waste-free-lunch-box-ideas/)
- <https://www.bda.uk.com/foodfacts/home>
- <https://www.nidirect.gov.uk/articles/tips-healthy-lunchbox>

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# Pick and Mix - Lunch Box ideas

## Fill up on Fibre

### Sandwich or wrap

Wholemeal, granary, multi-grain or white bread, bread roll, pitta bread, tortilla/wrap, naan, chapatti or bagel.

### Alternative ideas:

- Pizza slice
- Pasta salad
- Rice salad
- Cous cous
- Potato salad
- Quiche
- Frittata/Spanish omelette
- Sausage roll
- Mini pasty
- Samosa
- Pakora
- Spring roll
- Savoury muffin
- Savoury scone
- Potato cake
- Oat cakes

## Protein Options and/or Sandwich Fillings

- Wafer thin cooked meats, Leftover cold meats (chicken, turkey, sausages etc)
- Tuna mayo & sweetcorn
- Tuna salsa
- Sardine and tomato
- Fish paste and cucumber
- Veggie sausages, slices or pâté (V, VE)
- Egg salad/egg mayo (V)
- Lentil bake (V)
- Cheese spread (V)
- Cream cheese (V)
- Cheddar cheese (V) – try mixing grated cheese and carrot with a little mayo or salad cream.
- Houmous (VE)
- Nut butter (VE)
- Falafel (VE)
- Tofu (VE)
- Tahini (VE)

Vegetarian (V) and Vegan (VE)

## Good for Growing bones

- Fruit yogurt or fromage frais (also plant-based alternatives)
- Small pot of cold rice pudding or custard
- Greek or plain yogurt – add fruit for sweetness (also plant-based alternatives)
- Dips - tzatziki, raita, cream cheese
- Cheese portion
- Tofu
- Tahini
- If you don't eat dairy, try adding a fortified non-dairy alternative.

## Five-a-day options

**Salad pot** - any combination of prepared raw vegetables such as cucumber, pepper, celery, cherry tomatoes, carrot.

**Whole fruit** - satsuma, apple, banana, pear, peach, plum, grapes.

**Fruit salad pot** - any combination of prepared fruit (strawberries, orange, melon, kiwi etc.)

**Tinned fruit in natural juices** mandarins, pineapple, peaches, fruit salad.

**Dried fruit** - raisins, apricots, dates, prunes.

Fruit puree e.g.: apple sauce.

Fruit jelly made with fruit pieces and fruit juice.

## Snacks

- Crackers
- Crisp bread
- Oatcakes
- Rice cakes
- Savoury biscuits
- Savoury flapjack
- Bread sticks
- Homemade popcorn
- Hard-boiled egg
- Scotch/savoury egg
- Mini sausages
- Falafel
- Cubes of cheese
- Small piece of cake
- Slice of malt loaf
- Fruit or plain scone
- Small piece of flapjack
- Low/no salt crisps
- Handful of seeds & nuts

### Top Tips

**Avoid having too many fatty baked foods - keep them as an occasional treat**

### Top Tips

**Try a few meat-free days**

### Top Tips

**Avoid pre-packed individually wrapped items as they often work out more expensive**

### Top Tips

**Use fruit and veg that is in season**

### Top Tips

**Collect small reusable air tight containers to create individual portions for lunchboxes**

## Thirst quenchers: Remember to use a reusable bottle

- Water
- Plain milk (whole, semi-skimmed, goats, soya, oat, nut)
- Pure fruit juice (no more than 150ml per day)
- Well diluted high-juice or low sugar squash
- Smoothie made with plain milk, yogurt, and fruit.

## Do you regularly have leftover food in your lunchboxes?

Reduce food waste by thinking about portion size – how much do you or your child need to eat?

**Find out more about portion sizes and how to reduce food waste:**

<https://www.lovefoodhatewaste.com/portion-planner>

# Weekly Planner example

## Monday



- Sandwich
- Yogurt pot
- Banana
- Raisins

## Tuesday



- Pasta salad
- Tangerines
- Nuts
- Strawberries

## Wednesday



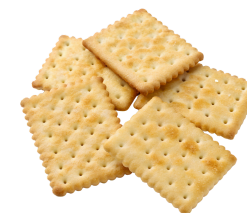
- Wrap
- Crisps
- Hummus
- Carrot sticks

## Thursday



- Samosa
- Apple slices and nut butter
- Rice pudding
- Grapes

## Friday



- Crackers
- Cheese
- Fruit salad
- Muffin

**Top  
Tip**

Use our handy meal planner over the page and start planning meals with your children

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# Weekly Planner

Monday	Tuesday	Wednesday	Thursday	Friday	Shopping List
<div>Notes</div>					