

# Create low cost healthy lunches without the waste!

There are lots of lunches and snacks 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 ...



- ☺ **Pack your lunch in a reusable wrapper or container.** There are lots of options to choose from, including retro or funky modern lunchboxes to a new trend in beeswax food wrappers.
- ☺ **Use a reusable drinks bottle or flask rather than disposable bottles, pouches or cartons.**
- ☺ **Avoid disposable items such as plastic forks, spoons and paper napkins. Try packing a spork!**
- ☺ **Many favourite foods can be bought in bulk saving you money and reducing packaging.** Try buying your favourite foods, such as yogurt, raisins, biscuits and crisps, in larger quantities and placing the amount you need in a smaller reusable container.
- ☺ **Eat more fruit.** It's healthier and a lot of fruits have their own natural wrappers which can be composted. Remember to buy them loose at the supermarket to avoid extra packaging
- ☺ **Need Inspiration?** Turn over for ideas for healthy packed lunches...
- ☺ **Remember to keep foods that need to be refrigerated cold using a reusable, insulated lunch box/bag or including a reusable ice pack in your lunch.**



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>
- [www.nidirect.gov.uk/information-and-services/healthy-eating-different-ages/healthy-lunchbox-ideas-children](http://www.nidirect.gov.uk/information-and-services/healthy-eating-different-ages/healthy-lunchbox-ideas-children)



**Don't let Devon go to waste**  
zone.recycledevon.org

## Lunch Box Ideas

Fill up on Fibre		Protein Options and/or Sandwich Fillings		Five-a-day Options		Good for Growing Bones		Snacks	
<p><b>Sandwich or wrap</b> Wholemeal, granary, multi-grain or white bread, bread roll, pitta bread, tortilla/wrap, naan, chapatti or bagel.</p> <p><b>Alternative ideas:-</b></p> <ul style="list-style-type: none"> <li>• Pizza slice</li> <li>• Pasta salad</li> <li>• Rice salad</li> <li>• Cous cous</li> <li>• Potato salad</li> <li>• Quiche</li> <li>• Frittata/Spanish omelette</li> <li>• Sausage roll</li> <li>• Mini pasty</li> <li>• Samosa</li> <li>• Pakora</li> <li>• Spring roll</li> <li>• Savoury muffin</li> <li>• Savoury scone</li> <li>• Potato cake</li> <li>• Oat cakes</li> </ul>		<p><b>Meat</b> Wafer thin cooked meats, Leftover cold meats (chicken, turkey, meatloaf, sausages etc)</p> <p><b>Fish</b> Tuna mayo &amp; sweetcorn Tuna salad Sardine and tomato Fish paste and cucumber</p> <p><b>Vegetarian</b> Hummus Quorn slices Veggie sausages or pâté Egg salad/egg mayo Nut butter e.g.: peanut, almond Mixed bean pâté Lentil bake Cheese spread Cream cheese Cheddar cheese – try mixing grated cheese and carrot with a little mayo or salad cream.</p>		<p><b>Salad pot</b> - any combination of prepared raw vegetables such as cucumber, pepper, celery, cherry tomatoes, carrot.</p> <p><b>Whole fruit</b> - satsuma, apple, banana, pear, peach, plum, grapes.</p> <p><b>Fruit salad pot</b> - any combination of prepared fruit (strawberries, orange, melon, kiwi etc.)</p> <p><b>Tinned fruit in natural juices</b> mandarins, pineapple, peaches, fruit salad.</p> <p><b>Dried fruit</b> - raisins, apricots, dates, prunes.</p> <p>Fruit puree e.g.: apple sauce.</p> <p>Fruit jelly made with fruit pieces and fruit juice.</p>		<ul style="list-style-type: none"> <li>• Fruit yogurt or fromage frais</li> <li>• Small pot of cold rice pudding or custard</li> <li>• Greek or plain yogurt – add fruit for sweetness</li> <li>• Cottage cheese with pineapple</li> <li>• Dips - tzatziki, raita, cream cheese</li> <li>• Cheese portion</li> <li>• If you don't eat dairy, try adding a fortified non-dairy alternative.</li> </ul>		<ul style="list-style-type: none"> <li>• Crackers</li> <li>• Crisp bread</li> <li>• Oatcakes</li> <li>• Rice cakes</li> <li>• Savoury biscuits</li> <li>• Savoury flapjack</li> <li>• Bread sticks</li> <li>• Homemade popcorn</li> <li>• Hard-boiled egg</li> <li>• Scotch/savoury egg</li> <li>• Mini sausages</li> <li>• Falafel</li> <li>• Cubes of cheese</li> <li>• Small piece of cake</li> <li>• Slice of malt loaf</li> <li>• Fruit or plain scone</li> <li>• Small piece of flapjack</li> <li>• Low/no salt crisps</li> <li>• Handful of seeds &amp; nuts</li> </ul>	
<b>Top Tips</b>	<i>Avoid having too many fatty baked foods - keep them as an occasional treat</i>	<b>Top Tips</b>	<i>Try a few meat free days</i>	<b>Top Tips</b>	<i>Use fruit and veg that is in season.</i>	<b>Top Tips</b>	<i>Avoid pre-packed individually wrapped items as they often work out more expensive.</i>	<b>Top Tips</b>	<i>Collect small reusable air tight containers to create individual portions for lunchboxes</i>
<p><b>Thirst-quenchers: Remember to use a reusable bottle</b></p> <ul style="list-style-type: none"> <li>• Water</li> <li>• Plain milk (whole, semi-skimmed, goats or soya)</li> <li>• Pure fruit juice (no more than 150ml per day)</li> <li>• Well diluted high-juice or low sugar squash</li> <li>• Smoothie made with plain milk, yogurt and fruit.</li> </ul>					<p><b>Do you regularly have leftover food in your lunchboxes?</b> Reduce food waste by thinking about portion size – how much do you or your child need to eat?</p> <p><b>Find out more about portion sizes and how to reduce food waste at:-</b> <a href="https://www.lovefoodhatewaste.com/portion-planner">https://www.lovefoodhatewaste.com/portion-planner</a></p>				