

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 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
- ☺ **Bored of sandwiches?** Turn over the page to find some inspiration ...
- ☺ **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/

www.publichealth.hscni.net/sites/default/files/Healthier%20Lunch%20Boxes.pdf

www.nidirect.gov.uk/information-and-services/healthy-eating-different-ages/healthy-lunchbox-ideas-children



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zone.recycledevon.org

Lunch Box Ideas

The following is adapted from www.netmums.com/back-to-school/lunchbox-ideas

Tummy-fillers	Five-a-day options	Good for growing bones	Snacks	Thirst-quenchers
Sandwich or wrap Wholemeal, granary, multi-grain or white bread, bread roll, pitta bread, naan, chapatti, bagel, tortilla/wrap, croissant. See below for filling ideas*	Any combination of: raisins, pumpkin/sunflower seeds, ready to eat dried apricots, dates or prunes.	Fruit yogurt, fromage frais or dairy-free alternative	Hard boiled egg, scotch/savoury egg, mini sausages, falafel etc.	Water
Savoury muffin or scone, pancake, potato cake	Whole fruit - satsuma, apple, banana, pear, peach, plum, grapes (whatever is in season)	Cold rice pudding or custard	Cubes of cheese	Milk (whole, semi-skimmed, goats or soya)
Pasta salad, rice salad, cous cous, potato salad.	Fruit salad pot - any combination of prepared fruit (strawberries, orange, melon, kiwi etc.), fruit puree/apple sauce or fruit jelly made with fruit pieces and pure fruit juice. Try to use fruits that our in season.	Greek or plain yogurt	Small piece of cake, malt loaf, scone, gingerbread man or flapjack	Milkshake
Quiche, mini quiche or frittata/Spanish omelette	Salad pot - any combination of prepared raw vegetables (cucumber, pepper, celery, cherry tomatoes, carrot) or coleslaw.	Cheese portion, cottage cheese with pineapple.	A handful of low/no salt crisps/savoury snack in a pot.	Pure fruit juice or smoothie - preferably diluted.
Pizza slice, sausage roll, mini pasty, cheese and potato roll, samosa, pakora, spring roll	Tinned fruit pot (useful in the winter if you can't find ripe fresh fruit) - mandarins, pineapple, peaches, fruit salad, pears)	Dips - hummus, tzatziki, raita, cream cheese and plain yogurt.	Crackers, crisp bread, oatcakes, rice cakes, cheesy biscuits, savoury flapjack, bread sticks, home made popcorn etc.	Well diluted high-juice squash

*Fillings

Meat - wafer thin cooked meats, cubed chicken/turkey breast with tomato and lettuce, ham and cheese, roast chicken & hummus, leftover cold meats (chicken, turkey, meatloaf, sausages etc) with salad, chicken and mashed avocado, cold BLT.

Fish - tuna mayo & sweetcorn, tuna salad, sardine and tomato, fish paste and cucumber.

Veggie- grated cheese, cheese spread, cream cheese, Quorn slices and salad, cottage cheese with pineapple, cheese and grated carrot with a little mayo, veggie sausages, vegetarian pate with cucumber, cheese and coleslaw, egg salad/egg mayo, cheese and pickle.

Sweet - High-fruit jam/fruit spread, chocolate spread, honey, lemon curd.

