

HEALTHY LUNCH BOX IDEAS

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We all know how difficult it can be to come up with different, healthy and fun lunch box ideas - and that's why we end up packing up the same lunches over and over again! To help you (and your kids!) avoid packed lunch boredom, we have collected some simple ideas to spice up your child's lunch box.

Change the Bread:

Just like adults, kids can get bored with sandwiches. Why not try using the same fillings, but add excitement by changing the bread? Try pitta bread, bagels or tortilla wraps. For a real change, try packing crackers or breadsticks separately from the filling. Your child then assembles the crackers and filling into sandwiches, or dip the breadsticks in. Great fun!

Try a Salad:

Try a pasta salad or potato salad. Cook and drain the pasta or potatoes and mix with a little mayonnaise or olive oil, then add some cut up veggies such as corn kernels, tomatoes, cucumbers, and carrots. If you like you can also include some sliced turkey, chicken or ham. Pack into a plastic container.

Make those sandwiches fun:

Shape a traditional sandwich into a flower or dinosaur. Try cutting the bread with fun shapes using a cookie cutter.

Go For Fingers Foods:

Children, especially younger ones, don't always like to eat a whole sandwich or bowl of food. Try preparing cut up cubes of cheese, grapes, baby tomatoes, carrot sticks, pretzels, mini crackers, and ham cubes. Finger foods are really very appealing for all ages! Place in a container with individual compartments or just a standard one for a fun lunch.

Pinwheels Anyone?

Instead of sandwiches try pinwheels. Cut the crust from two slices of bread, and flatten using a rolling pin. Spread thinly with cream cheese, and add a slice of ham. Roll each slice into a log shape. Wrap in cling film and place in freezer for about 30 minutes. Unwrap and cut into pinwheel rounds.

Dip It:

Kids love dipping stuff. For an easy and nutritious lunch snack you can cut apple wedges and serve with a strawberry or peanut butter dip. Cut up veggies are brilliant served with a hummus or cream cheese dip. For a more substantial lunch add pieces of pita bread, breadsticks or crackers.

Be Creative: Think outside the box!

Pack mini pizza slices, mini hamburgers, meatballs or chicken drumsticks. Add some potato wedges on the side. Or try tortilla chips with strips of cheese, turkey and sliced tomatoes on the side. Or how about some baked savoury mini muffins using chopped, cooked bacon and chives or grated cheese and ham? Sweet fruit mini muffins will be a big hit too.