

Lunchbox ideas for families

We are often asked about what to include in lunchboxes and how to make them interesting, as well as healthy. We reached out to our community, who very kindly shared the following ideas.

PWSA UK does not endorse or recommend any diet or healthy eating plan over another, and we completely understand that every family is different. The most important thing is to be consistent with the diet or healthy eating plan you choose to follow.

- Cucumber and tomato slices
- Frozen yoghurt tube to help keep things cool.
- Watermelon slices
- Mixed raisins/peanuts.
- Ham & coleslaw mini wrap
- Salad with protein in and no dressing
- Fruit salad
- Philadelphia light
- Sushi
- Wholemeal pasta salad
- Vegetable and Egg muffins
- Wholemeal pitta pizza
- Tuna pasta
- Low calorie pop corn
- Greek yogurt and fruit
- Rice cakes
- Pop chips once a week
- Pot of tuna mayo or egg mayo
- Beetroot
- Avocado slices
- Crustless quiche

- Sugar free jelly
- Roasted veg
- Fresh fruit
- Homemade soups
- Mixed berries

This list is not extensive, and we know you will also have ideas not mentioned; we always welcome your thoughts.