60-Second Vegtastic Lunchbox Hacks

Veg are a key part of a healthy diet but it can be a real struggle to get kids to eat enough of them. Adding an **extra portion or two** to their packed lunch will help to up their intake. Try these simple ideas to **veg-pack their lunchboxes** with limited faff.

The basic toolkit:

- **Containers** (small and lidded for dips, leftovers and more)
- **Cutlery** (if needed)
- **Thermos** (any heat-retaining flask is great for soups, baked beans, leftovers, etc.)
- **Bamboo kebab sticks** (optional, but helpful for making veggies more fun)

Top tip: Know your portions – a child's portion of veg is roughly 50g or what fits into a child's hand.

kids fruit

VEGPOWER

5 easy #LunchboxHacks to add more veg in 60 seconds or less:

1. The Salad-on-a-Stick

Get a bamboo kebab stick and thread on different veg such as **cherry tomatoes, cubed cucumber, cubed cooked beetroot, chunks of peppers, raw button mushrooms, crunchy lettuce**, etc) in fun colours. If your child isn't a fan of veg, try starting off by alternating veg with cooked meat, cubed cheese, etc to ease them into it.

2. The Lunch Crunch

1 **carrot** chopped into sticks (or pre-chopped carrot sticks) with a pot of hummus (or their favourite dip) adds a portion of veg.

3. The Sandwich Slice

Slice 5cm **cucumber** (about the length of a small egg) and add to a sandwich for an extra portion of veg with minimal effort.

4. The Helpful Handful

Add a handful of ready-to-eat snacky veg to a container. Try **cherry tomatoes**, drained tinned **sweetcorn, celery sticks, green beans, cucumber** etc.

5. The Half-Baked Plan

Heat through half a tin of **baked beans** (ideally low sugar and salt) and stick in a heat-retaining flask for an easy veg portion win.

Top tip: Keep trying! If they are not used to veg in their packed lunch, it may be picked out and ignored on the first few days. The more they see it and interact with it, the more the veg becomes "normal".

My Favourite veg was:

I ate this many carrots:

I ate this much cucumber:

My Favourite veg was:

This week my rating is:

For recipes, tips and free downloads visit:
vegpower.org.uk