

# 60-Second Vegtastic Lunchbox Hacks

Veg are a key part of a healthy diet, and while we all want to give them the best possible lunch, it can be a 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

**Top tip:** Try and buy veg that is in season – it is likely to be cheaper and better for the environment. A helpful seasonal veg calendar can be found on our website [www.vegpower.org.uk](http://www.vegpower.org.uk) along with recipes and other fun stuff.

**Top tip:** Know your portions – a child's portion of veg is the amount that fits into your child's hand.



**Top tip:** To save on prep time, you can chop veg at the beginning of the week and keep it fresh by putting it in a sealed jar containing some water and keep in the fridge.

**Top tip:** Don't give up! If your child isn't 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".

**Top tip:** Planning your kid's weekly lunch box content allows you to ensure they have variety over the week. Variety is key because all foods (including veg) contain different nutrients. It also allows you to plan your shopping list so you have everything you need.

**Top tip:** Children often prefer uncooked or raw veg as it is sweeter, crunchier and more colourful. It is also easier for you to prepare. A double win!



**CLICK HERE OR TURN OVER TO MAKE A START!**

Head to [vegpower.org.uk](http://vegpower.org.uk) for recipes, tips, downloads, and more



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

## 1 The Raw Veg Mix Up

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



## 2 The Lunch Crunch

A carrot chopped into sticks, pre-chopped carrot sticks or a whole peeled carrot with a pot of their favourite dip (cream cheese, guacamole, sour cream, pea and cucumber, hummus\*) counts as a portion of veg.

\*Please check with your child's school about potential allergies



## 3 Veggie Pasta Salad

If your kids are having pasta for tea, why not cook some extra and serve as a cold pasta salad for their lunch the next day? Add some sweetcorn, peas, halved cherry tomatoes, avocado, olives, ham, roast chicken, tuna – there are lots of combinations!



## For more information

WALES <https://gov.wales/sites/default/files/publications/2019-02/healthy-lunchboxes-leaflet.pdf>

ENGLAND & SCOTLAND <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

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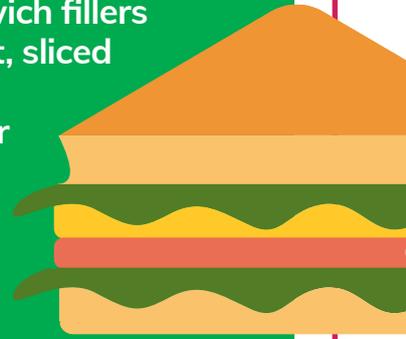
## 4 The Salad-on-a-Lolly-Stick

Reuse wooden ice lolly sticks to serve veg in a fun way. Add a variety of veg such as cherry tomatoes, cubed cucumber, cubed cooked beetroot, chunks of peppers, raw button mushrooms, crunchy lettuce etc. If your child isn't used to veg, try starting off by alternating veg with cooked meat, cheese cubes or fruit to help ease them into it.



## 5 Sandwich Fillers

Slice 5cm of cucumber (about the length of a small egg) and add to your child's favourite sandwich (ham, cheese, chicken, tuna, avocado etc.). Other suitable sandwich fillers include: grated carrot, sliced tomatoes, spinach or lettuce leaves, pepper sticks (orange, red or yellow are sweetest) or tinned sweetcorn. Mix and match and find a new favourite!



# WIN!

We have three 12-month subscriptions to the amazing award-winning cookery club Foodini Club ([www.foodinclub.co.uk](http://www.foodinclub.co.uk)) up for grabs. All you need to do to enter is answer the following question via our website ([www.vegpower.org.uk](http://www.vegpower.org.uk)) by the 31st October:

Which one of these is not an orange VEGETABLE?

- A. Carrot
- B. Butternut squash
- C. Aubergine



Veg Power CIC competition is open to residents of the UK, Ireland and Channel Islands, except employees or suppliers of Veg Power and their families or any associated companies. Entrants must be 16 or under. No purchase necessary. Only one competition entry per person. Winners will be the first 3 correct entries drawn at random after the closing date. Judges' decision is final. A list of winners will be available by contacting Veg Power via [vegpower.org.uk](http://vegpower.org.uk)

Prizes subject to availability. No cash alternative for any prize will be offered. We will only share winners' personal details with third parties for the purposes of fulfilment of the prizes and as required by law. These details will be used for prize giving only and not for marketing purposes. For full details of our privacy policy go to [vegpower.org.uk](http://vegpower.org.uk)

