

No Microwave? No Problem!



Try some of these easy, healthy no-heat lunch ideas

Pack HOT leftovers in insulated containers

- Heat food in the morning, then put it in an insulated container (e.g. Thermos®) to keep it warm until lunch
- Try soups, stews, curries, chili, pasta, and stir fries

Pack COLD foods with ice packs in insulated bags

- Homemade or store bought ice packs work great
- Try milk, cheese, yogurt, tuna salad, pasta salad, leftover meat, hard-boiled eggs, fresh spring rolls, sandwiches and wraps

Pack 'bento box' style lunches

- Mix and match easy to "grab and go" foods like cut vegetables and fruit, sliced cheese, hard-boiled eggs, popped popcorn, batch of pasta, rice or other grain salads, yogurt, crackers, pre-mixed dips, etc. Be creative!

Pack foods in reusable containers

- Not only are they convenient and better for the environment, but they are good for your budget too!
- For low-cost containers look in dollar stores, second hand stores, and garage sales.
- Try containers of different sizes for different foods.

Pack foods kids helped to plan and prepare

- Plan lunches together one night each week with your child. Let them have a say, but also give them some guidance. You decide *what* foods they can choose from. Let them help pack it too!

For more lunch ideas visit the Saskatchewan Health Authority Pinterest Page: [GOO.GL/RSMDVE](https://www.pinterest.ca/goo.gl/RSMDVE).