



10 Ways To Make A Lunch Box Magic

1. Sandwiches or Wraps: Use whole grain bread or wraps and fill them with lean proteins like sliced turkey, cheese slices, hummus, fresh veggies and avocado spread.

2. Bento Boxes: These are a great way to offer a balanced meal. Include compartments with fruits, vegetables, whole grain crackers or bread, cheese or yogurt, and a small treat like dark chocolate or our superfood granola.

3. Salad Jars: Layer a mason jar with your favourite salad ingredients like mixed greens, cherry tomatoes, cucumbers, and cooked chicken or chickpeas. Use any of our yummy dressings and add first to bottom of jar, to keep veggies fresh, and teach them to shake the jar just before eating.

4. Pasta Salad: Use any of our prepared pasta salads with colourful vegetables like bell peppers, cherry tomatoes, and feta cheese. Toss it with our honey vinaigrette or creamy Greek dressing.

5. Snack Boxes: Pack a variety of healthy snacks like carrot sticks, cherry tomatoes, bell pepper slices, grapes, cheese cubes, and whole grain crackers. To munch on throughout the day.

6. Homemade Soup: Invest in a good thermos and fill with any of our delicious homemade soups. This is great for cooler days and provides a warm and comforting meal option.

7. Quesadillas: Make nutritious quesadillas with soft tortillas, shredded cheese, and added vegetables like bell peppers, or mushrooms. Serve with Mad Mexican salsa.

8. Homemade Sushi Rolls: Our veggie sushi rolls are perfect, or make your own with cooked chicken, avocado, cucumber, and our prepared brown rice. Cut into pieces and pack with soy sauce.

Remember to use reusable containers and water bottles and involve your child in the packing process to ensure they enjoy their lunch and make healthy choices throughout the day.

Scan the QR code to shop online and get fresh items delivered!

