

Healthy Leftovers for Lunchboxes



The best time to pack a lunchbox is after dinner – the food is already out, and you can pack leftovers from dinner straight into the lunchbox ready for the morning. Packing a lunchbox the night before can be part of the cleaning up or after dinner routine, instead of having it on your to do list in the morning.

LEFTOVERS THAT CAN BE EATEN COLD

- Cooked chicken
- Roast beef, lamb or pork
- Potato salad
- Pasta salad (leftover pasta from dinner can be eaten cold in a salad)
- Meatballs or rissoles
- Homemade pizza
- Bean dip or hummus



USING LEFTOVERS IN COOKING FOR LUNCHBOXES

Leftover vegetables, meat or ripe fruit can be turned into a healthy lunch option.

- Roast meats – use in wraps, sandwiches, rolls, salads
- Pizza on English muffins – loaded with vegetables and cooked meat
- Savoury muffins – using leftover vegetables (e.g. corn, zucchini, pumpkin)
- Quiche – using leftover vegetables and chicken
- Banana bread – old or extra ripe bananas
- Rice paper rolls – using leftover raw or cooked vegetables and cold meat
- Vegetable fritters – grate fresh or mash cooked vegetables as a base for fritters

BENEFITS OF EATING LEFTOVERS FOR LUNCH

- Save time – double the dinner recipe to use for lunches during the week
- Save money when shopping by buying bulk of certain ingredients – this reduces the cost and results in less trips to the shops
- Having plans for leftovers reduces food waste, saves money and can work out much cheaper and healthier than some pre-packaged lunchbox items

REMEMBER FOOD SAFETY

Keep food cold with an ice brick or frozen water bottle. Encourage children to eat these items first.

