Cancer Council
Healthy Lunch Box

The simplest way

… to save time in the morning.

With some simple preparation at a time that suits you, you can save a lot of stress in the morning.

Try these tips to pack healthy foods quickly:

- Buy snack sized veg that don't require cutting e.g. cherry tomatoes, baby cucumbers and snow peas
- Keep some shelf stable items like beans and milk in the pantry
- Make and pre-pack individual serves of healthy snack mixes suck as poppletana.
- Get in to the habit of cooking extra for dinner and packing leftovers for lunch.
- Spend some time on the weekend preparing freezer-friendly lunch box items such as fruit or vegie muffins.
- Allocate a drawer or area of the kitchen where lunch boxes and containers are kept, making them handy to find come packing time.

healthylunchbox.com.au