

Looking for some new ideas to beat the boomerang sandwich (the sandwich that leaves home in the lunchbox and returns again untouched)?

Check out our tips to create tasty, exciting and healthy lunchboxes!

## Beyond the sandwich

- Vegetarian quiche or frittata
- Savoury muffins
- Zucchini slice
- Noodle cakes
- Homemade pizza



- Rice paper rolls
- Soup with a multigrain roll
- Couscous, bean, rice or pasta salads
- Healthy homemade sausage or spinach and ricotta rolls



## Snack ideas

- Mixed vegetable dippers (capsicum, celery, carrot, cucumber, baby corn spears) with choice of dips (hummus, beetroot, salsa)
- Slice of banana bread or a fruit scone
- Veggie pikelets
- Pita crisps with hummus
- Ants on a log



- Reduced fat yoghurt pouch or tub
- Wholegrain crackers or crispbread with reduced fat cheese
- Fresh fruit salad cup
- Cheese cubes or sticks
- Apple slice or scroll
- Popcorn mix
- Corn on the cob
- Hard boiled eggs



## Don't forget!

- To keep food cool, place a frozen water bottle in the lunchbox or use an insulated lunchbox
- Store packed lunchboxes in the fridge overnight

~ For more lunchbox ideas and inspiration check out the recipes on the website at [www.actnss.org/recipes](http://www.actnss.org/recipes) ~