

The simplest way

... to add variety to the lunch box

Does your child get bored with their lunchbox?

Making a few small changes can keep it interesting. Try these quick tips to add variety



- **Mix up the breads** - instead of sandwich bread try: rolls, wraps or pita pockets.
- **Fruit** provides endless possibilities for variety, pack: different coloured, fresh, whole, diced, sliced, canned or dried fruit.
- Use our [interactive lunch box builder](#) and get your children to choose what they would like packed in the lunch box.
- Try some new [sandwich filling ideas](#) - visit our website for quick, easy and tasty filling combinations.
- Check out our website for new [healthy snack ideas](#).
- Cook extra for dinner and pack leftovers for lunch.

For more tips, recipes and ideas visit our [website](#).

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