

# No Microwave Lunch Ideas

Try some of these easy, healthy lunch ideas. No microwave needed.

## Pack HOT leftovers in insulated containers and lunch bags



- Heat food in the morning, then put it in an [insulated container](#) (e.g. Thermos®) to help keep it warm until lunch and it is safe to eat. Try leftover soups, stews, curries, chili, pasta, and stir-fries.



## Pack COLD foods with ice packs in insulated lunch bags

- Homemade or store bought ice packs work great to help keep foods cold and safe to eat. Try milk, cheese, yogurt, tuna salad, pasta salad, leftover meat, hard-boiled eggs, fresh spring rolls, sandwiches and wraps. Homemade Pizza and hamburgers are good cold too!

## Try ‘bento box’ style lunches



- Mix and match easy to “grab and go” protein foods, whole grain foods and vegetables & fruit. Some ideas include: cut vegetables and fruit with dip; sliced cheese; deviled eggs; popcorn; pasta, rice or other grain salad; yogurt; and crackers with hummus. For more ideas see Canada’s Food Guide [food-guide.canada.ca](https://food-guide.canada.ca)

## Pack foods in reusable containers



- Not only are they convenient and better for the environment, but they are good for your budget too! Don’t forget a clean reusable water bottle.
- For low-cost containers look in dollar stores, second hand stores, and garage sales.

## Involve children and youth

- Plan and pack lunches together each week with your child. Let them have a say, but also give them some guidance. You decide what foods they can choose from.

Written by Public Health Nutritionists of Saskatchewan (2022)

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