

Ideas to add more vegetables

It can be tricky to think of new ways to add vegetables to the lunchbox. Here are some of our favourite tips:

- Pack raw vegetables with a dip or some cheese. Why not try tzatziki or tomato salsa?
- Cook extra vegetables the night before and store them in the fridge ready to be added to the lunchbox. Our favourites include homemade sweet potato wedges or corn cobs.
- Use chickpeas, beans or lentils in your child's lunchbox. Why not try these vegetarian koftas?



For more tips to increase vegetables visit: www.swapit.net.au/vegetables