

Top tips for packed lunches

Focus on easy-to-eat finger foods, which are nutritious, hydrating, appealing and familiar to the individual.

This could include:

- Protein rich items such as small sausage rolls, mini scotch eggs, cocktail sausages, cooked meats, cheese, tuna or egg sandwiches.
- Starchy foods such as bite-size sandwiches, quiches, crackers with pate or cheese.
- Fruits and vegetables such as banana, satsumas, melon chunks, berries, cherry tomatoes, cucumber sticks or sliced pear/apples.
- Snacks such as fruit pies, egg custards, jam tarts, cake slices, cereal bars, scones or yoghurts.



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