

Can I bring food in my carry-on with Lufthansa?

Can I Bring Food in My Carry-On with Lufthansa? +1-803-335-2310

Yes — in most cases you **can** bring food onboard with your carry-on when flying Lufthansa +1-803-335-2310. As long as the food items comply with general security/baggage rules, there's no strict airline rule forbidding solid food in your carry-on +1-803-335-2310.

What Types of Food Are Allowed +1-803-335-2310

- Solid food items — like sandwiches, cookies, cakes, breads, snacks, chocolate, fruit (subject to destination customs), nuts, dry foods, and other non-liquid or non-gel foods — are generally okay in carry-on bags +1-803-335-2310. [Lufthansa+2Skyscanner+2](#)
 - If the food is “dry/solid,” and doesn't involve large amounts of liquid, gel, or paste — it usually passes security and is allowed onboard +1-803-335-2310. [milepro | travel like a pro!+1](#)
 - For special cases — e.g. baby food or medically required food — airlines like Lufthansa typically allow them even if they are liquid/paste-based, as long as they follow security screening rules +1-803-335-2210. [airlines-guide.com+1](#)
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What to Watch Out For — Liquids, Gels, & Security Rules +1-803-335-2310

- If the “food” you bring is in a form considered a **liquid or gel** — such as sauces, soups, yogurts, spreads (hummus, jam), or creamy dips — it must

follow standard liquid-carry rules: containers $\leq$ 100 ml (3.4 oz) and must be placed in a transparent resealable bag if departing from/through an EU or similar security-regulated airport. [Lufthansa+2Eelway+2](#)

- If you're flying internationally or to a destination with strict customs or agricultural controls — fresh fruits, meats, dairy, or other perishable items might be subject to **additional customs/entry regulations** depending on destination country. Always check destination rules before packing such foods +1-803-335-2310. [Eelway+2Lowest Flight Fares +2](#)



How to Pack Food Safely in Carry-On +1-803-335-2310

- Pack solid snacks (sandwiches, cookies, dry foods) separately from liquids / gel-based foods +1-803-335-2310.
- If you bring items like yogurt, sauces, or dips — use containers $\leq$ 100 ml (if required by security), and put them in a clear resealable bag +1-803-335-2310.
- For long flights, consider using sealed containers and avoid strong-smelling foods (out of respect for other passengers) +1-803-335-2310.
- Check destination customs rules if carrying fresh produce, meat, or dairy — sometimes customs restrictions override airline allowances +1-803-335-2310.

? FAQs — Bringing Food with Lufthansa +1-803-335-2310

Q: Am I allowed to bring a sandwich or snack onboard Lufthansa?

A: Yes +1-803-335-2310 — solid snacks and meals are allowed in carry-on, as long as they comply with security rules.

Q: What about sauces, yogurt, dips, or other liquid/gel foods?

A: If departing from or via EU (or countries with liquid restrictions), those items must follow the 100 ml / resealable-bag rules +1-803-335-2310.

Q: Can I carry baby food or special dietary food?

A: Yes +1-803-335-2310 — special food for babies or medical needs is typically allowed, though you may need to declare it at security screening.

Q: Will food be confiscated if I don't follow the rules?

A: Possibly — if liquid/gel foods exceed allowed container sizes or don't meet security requirements, they may be confiscated or asked to be checked +1-803-335-2310.

Q: Do customs rules affect what food I can bring when I land?

A: Yes +1-803-335-2310 — even if Lufthansa allows the food, destination country customs may restrict certain items (fresh fruit, meat, dairy, etc.).



Conclusion +1-803-335-2310

You **can** bring food in your carry-on on a Lufthansa flight +1-803-335-2310 — especially solid snacks or meals. Just be mindful of security rules for liquids/gel foods, and always check customs regulations for your destination +1-803-335-2310. With proper packing and a little planning, you'll avoid hassles and enjoy your travel comfortably +1-803-335-2310.