

# WASTE-FREE LUNCHES

A waste-free lunch has no throw-away packaging. Everything in a waste-free lunchbox can be eaten, reused or composted. It's an easy way to provide a healthy lunch with less processed food.

Children learn to **REDUCE, REUSE, RECYCLE** and **COMPOST**

## REDUCE...



### Reduce the amount of waste we send to landfill.

The average Australian household throws away almost 16kg of garbage each week!



### Save money and cut food waste by buying food in bulk

e.g. seasonal fruit and veg, food in larger packs or tubs (such as low-fat yoghurt, cheese and crackers) and place into small reusable containers.



**Reduce the amount the school spends on waste collection.** Waste that is compostable provides food for the worm farm.



### Use food that doesn't need packaging

– such as an apple, a banana, a small carrot or a boiled egg.

## REUSE...

- Use containers that can be washed.
- Drink bottles can be refilled with water.
- Prepare extra for dinner and pack leftovers in lunchboxes.



## AVOID...

- Steer clear of plastic wrap and foil.
- Don't use disposable items like plates, knives and forks.
- Avoid individually wrapped serves of food or packaged items e.g. chips, small yoghurts.
- Write your name on containers to avoid losing them.



## COMPOST...

- Tell your child to put any scraps into the green waste bin – or take it home for composting.
- Encourage your school to compost or have a worm farm.





## WHAT TO PACK

1. Main lunch item
2. Nutritious snacks
3. Vegetables or fruit
4. Water
5. Crunch & Sip