

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