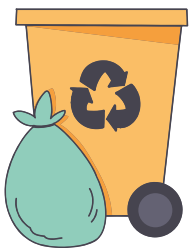


Low-waste Lunches



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

Reduce



Reduce the amount of waste we send to landfill. The average Australian household throws away almost 16 kg of garbage each week!



Cut household spending and food waste by buying fresh produce in bulk. Buy larger packs (e.g. low-fat yoghurt, cheese and crackers) and place into small, reusable tubs.



Decrease 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 many times.
- ✓ Prepare extra servings for dinner and pack leftovers in lunchboxes.

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.

Avoid



- ✗ Plastic wrap and foil.
- ✗ Disposable items like plates, knives and forks.
- ✗ Individually wrapped packaged items e.g. chips, small yoghurts.
- ✓ Write your name on containers to avoid losing them.



Live Life Well
@ School



What to pack

- ✓ **Main lunch item**
e.g. sandwiches or wraps with lean meats and salad fillings
- ✓ **Nutritious snacks**
e.g. wholemeal crackers and cheese

- ✓ **A piece of fruit**
e.g. apple or banana
- ✓ **Water**
Always pack water in a reusable bottle
- ✓ **Crunch & Sip**
e.g. veggie sticks or fruit

