

# Waste-free lunches

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

## 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!



**Cut household spending and food waste by purchasing fresh produce in bulk** e.g. buy food in larger packs or tubs (such as low-fat yoghurt, cheese and crackers) and place into small reusable containers.



**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 to create less waste** – 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.



### 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. Piece of fruit
4. Water
5. Crunch & Sip