

# Low-waste lunch box ideas

REDUCE, REUSE, RECYCLE, AND COMPOST



Check your school or service policy when packing foods like eggs, nuts and other high-allergen foods.

## INCLUDE:

1. Main lunch item
2. Nutritious snacks
3. Piece of fruit
4. Drink
5. Plus Crunch&Sip



Health  
Illawarra Shoalhaven  
Local Health District