

LOW WASTE LUNCH CHECKLIST

WHAT IS LOW WASTE LUNCH?

Low waste lunches contain only items that can be eaten, composted, recycled or reused. To pack a low waste lunch there are three simple things to remember:

1. Pack food in a reusable container.
2. Use refillable drink bottles.
3. If packaging is essential, choose types that are reusable, recyclable or compostable.

Low waste lunches are often cheaper and healthier, and will encourage parents and students to think about what goes into their lunchboxes.

WHY HAVE LOW WASTE LUNCH?

- To reduce packaging waste and use less resources and energy.
- To reduce garbage cost to schools.
- To reduce school littering and its impact on the environment.

The type of waste generated in schools is mainly from food packaging and wrappers. These include cling wrap, snap lock bags, wrapping from chips, yogurts and other individual serve readily available in supermarkets. These are often marketed to kids as snack options.



RESOURCES

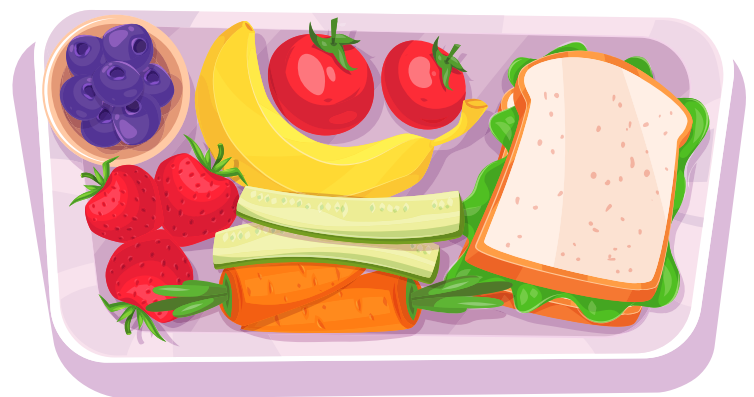
wastefreelunch.org

Planet Arks 'the waste free lunch challenge'
enviroweek.org/howtos/secondary-nude-food

HOW TO RUN A LOW WASTE LUNCH EVENT

This can include:

1. Letters to parents/carers outlining the date and objectives of the event (example attached).
2. Information in school newsletter in the weeks leading up to the event.
4. School wide competition to promote low waste lunches e.g. posters to involve the whole school.
5. Find out what's actually in the schools garbage bins by conducting a waste audit. Free kits and resources to help are available to borrow from Hunter Resource Recovery. Call 1800 838 884 or visit hrr.com.au.
6. Discuss with your canteen's coordinator about purchasing low waste items or those with recyclable packaging.
7. Consider starting with one group or year level for your first event.
8. Give your day catchy fun names like 'waste free Wednesday' or 'nude food day'
9. Report back to the school community and parents on the events success.



EXAMPLE LETTER TO PARENTS/CARERS

[Name of school] is holding a low waste lunch day on [date].

We are encouraging all families to participate in a low waste lunch day by bringing a packed lunch to school that has no packaging or waste. Ideas for a low waste lunch include:

- ✓ Reusable lunch boxes and containers
- ✓ Reusable drink bottles
- ✓ Appropriate portion size

Please try to avoid:

- X Foods that are pre-packed as individual serves such as chips, muesli bars and squeeze yogurts
- X Cling wrap, foil or snap lock bags
- X Poppers or juice cartons

Packing a low waste lunch can save money. Here are a few tips to get you started:

- Ensure you have lunch boxes that have different compartments and tight fitting containers for sandwiches and items that would traditionally use foil or cling wrap.
- Preparation is important. Plan and prepare in advance and store in the refrigerator overnight. Involve the children and only pack what they will eat.
- Use leftovers from previous night.
- Buy or make your child's favourite snack foods in bulk or larger packets and portion into individual containers for example;
 - chips, biscuits or crackers
 - fruits and yogurt
 - whole cake, slices, (stored in the freezer)
 - dried fruits e.g. sultanas and dates
 - cheese – cut into blocks
- Buy 1-2 litre bottles of drink and pour into reusable drink bottles.
- Take note of what is not being eaten.



If you have any enquires please contact [insert phone number]

Thank you for supporting your child's participation in reducing our school's waste.

Yours sincerely