












# TIPS FOR WASTE-FREE LUNCHES

## FOR PARENTS












**Waste-free lunches contain only items that are eaten, composted or recycled. They don't contain wrappers or packaging that will be thrown in the rubbish bin.**

We know some pre-packaged items can be a time saver and making waste-free lunches may seem a bit daunting for some. To help you, we have created some quick and easy recipes on pages 21-23, that can help you with ideas and inspiration. They are both delicious and nutritious.

### EXAMPLES OF LUNCH ITEMS WITH WASTE

-  Sandwich in disposable cling-wrap or plastic sandwich bag
-  Chips or pretzels in a plastic/foil packet
-  Juice in a squeeze pouch, with plastic straw
-  Yoghurt in squeeze pouches or plastic 'shot' bottles
-  Individually wrapped muesli bars
-  Pre-packaged fruit salad in a small plastic tub or tin
-  Pre-packaged 'snack pack' of crackers and cheese spread
-  Individually wrapped confectionary bars or cakes
-  Individually wrapped cheese sticks/strings
-  Disposable cutlery
-  Paper serviette

### EXAMPLE OF ITEMS IN A WASTE-FREE LUNCH

-  Sandwich in a snug-fitting reusable container
-  Snacks in a reusable container
-  Drink in a reusable and resealable bottle, filled at home from a bulk container
-  Yoghurt in a small reusable container, filled at home from a bulk container
-  'Trail mix' in a reusable container
-  Whole fruits without packaging or fruit pieces in reusable containers
-  Raw/salad vegetables (eg. carrots, celery, cucumber) with small container of dip
-  Muffin, fruit bread or biscuits in a reusable container
-  Sliced cheese and crackers in a reusable container
-  Durable cutlery that is designed to be washed and reused
-  Washable cloth napkin

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## Reusable containers

Using reusable containers is the cornerstone of a waste-free lunch! Suitably sized containers will keep sandwiches intact and make little treats easy to pack. Although reusable containers may have a higher upfront cost than a roll of plastic wrap, they are durable, they will save you money in the longer term and they will help to reduce waste.



## Buying in bulk

Buying items such as juice, yoghurt, crackers, biscuits and cheese in bulk quantities or containers, rather than in individual servings, will probably save you money as well as reduce waste. It also allows your child to drink or eat only as much as they want at one time, and then they can reseal the container.



## Recyclable packaging

We understand that some children's lunches may need to contain packaged food items for dietary, religious or other reasons. Check which types of packaging are recycled at the school (there is a guide on the Activity Sheet). You can also check which items can be recycled at home, by visiting [RecyclingNearYou.com.au](https://www.RecyclingNearYou.com.au) and searching under your council area. This information may be relevant for your bulk containers at home, or if recycling is not available through the school.

Packing a bottle of frozen drink with the lunch will give your child a cold drink and also keep the lunch cool.

### JOIN THE WASTE-FREE CHALLENGE YOURSELF!

Seeing you go waste-free for lunch at the same time is the best possible motivation for your child.