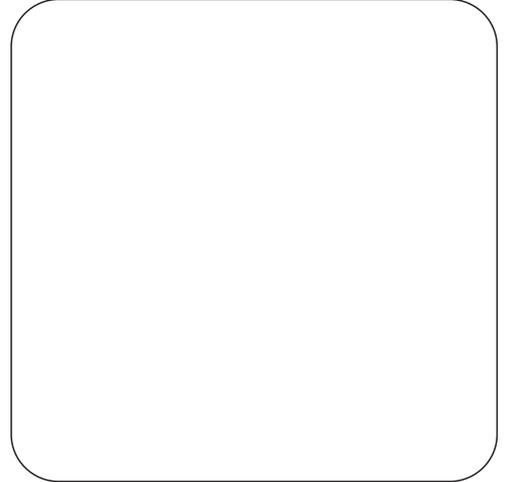


## Have you ever thought about how much waste is in your lunch box?

Every year, Australians throw away around 45 million tonnes of waste. Your family alone will make enough rubbish this year to fill up your house. That's a lot of rubbish, right? Something has to be done, and this is where you come in.

In the box to the right, draw what your daily lunch looks like. Below that, list the things you would throw in the bin (cling wrap, chip packets, fruit peels etc). From what you've drawn and listed, can you think of a way we can make it waste free?



WASTE YOU MADE	MAKE IT WASTE FREE

## What happens when you throw your rubbish away?

The answer is, there is no 'away'. When you put something in your bin it does not magically disappear!

For the lucky recycling that makes it to the Materials Recovery Facility, these resources will get to become new products. However, the fate of anything that goes into your waste bin (even recyclables) is not as favourable. The contents of this bin go into something called a landfill.

## Why do we care?

As a society, we need to improve our 'throw it away' attitude. Once we put something in our bin, we think that it is the end of our problem. However, our landfills are getting full and we need a better solution. The best solution is to simply not make as much rubbish.

We only have one Earth, and we haven't been kind to it. In Australia we are the second largest producer of waste, second only to the USA. By joining in on waste free lunches, you are doing your part to help!

# Your Own Waste Free Lunches!

Now we know how much rubbish we make and you've got an idea on what waste is in your lunch box, we can put it into action.

The tip to be waste free is to plan ahead. There are a few simple ways you can make your lunch waste free. That cling wrap your sandwich is wrapped in - get a reusable sandwich container. The 5 mini tubs of yoghurt you went through - get a large one and use a small reusable container. That bottled water - get a drink bottle and use tap water!

Not only will this save waste going into the bin, but it will save money. Did you know bottled water is 1,000 times more expensive than tap water?! Not only that but tap water has 1% of the environmental impact. Seems like a pretty easy choice.

## WASTE FREE FRIDAY CHALLENGE

For a bit of extra motivation, why not make this into a bit of competition? Waste free Fridays can happen once a term, month or week!

Once you've got the hang of it, why not make everyday waste free?

You can run competitions between just your class or school wide! If you chose to do a school wide competition, simply deduct a point per student that has a waste item in their lunch box. The class with the most points win! If you chose to do it in your class, there is a scoring system below.

- +3 points for a reusable lunch box
- +3 points for a reusable drink bottle
- + 2 points for compostable items (fruits peels)
- + 1 point for a reusable napkins/cutlery
- + 1 point for reusable snack container
- ½ point for recyclable items (plastic bottles, cans, foil)
- 3 points per waste item (glad wrap, wrappers, plastic bags)



## What's next?

Once you have finished your first waste free lunch, CONGRATULATIONS!

Thank you for doing your part to make a difference, however it doesn't have to stop there! Why not encourage your canteen to join in? Or your parents? Did you teachers pack waste free lunches too?

Once you've got waste free lunches down, why not try and extend it to brekky or dinner? Have a chat with your family about how you can make less waste and while you're at it let them know about how they can help. If not, remember you'll make enough rubbish to fill your house!

# WASTE FREE FRIDAYS

Have you ever thought about how much

**WASTE**

is in your lunch box?

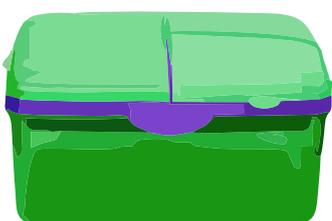


Do YOU want to help us be more  
*sustainable?*

Join in our Waste Free Friday  
challenge!  
This challenge will be running on

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Packing your waste free lunch - it is easy!



REMEMBER - AVOID ANYTHING THAT GETS PUT STRAIGHT INTO THE RED BIN!

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# CONGRATULATIONS!

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**This award is presented to**

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**for completing the Waste Free  
Friday challenge!**

**Thank you for doing your part  
to reduce waste and make our  
world a better place!**

