



## WASTE FACTSHEET

# WASTE-FREE LUNCHES

Food wrappers and other packaging contributes to waste produced at meal times.

### WHAT IS A WASTE-FREE LUNCH?

A waste-free lunch has no throw-away packaging. This means that any associated food packaging can be composted or recycled, so that nothing is disposed of in the red-lid general waste bin. A waste-free lunch avoids the use of plastic wrap, zip lock bags and over-packaged foods. By having a waste-free lunch, you can help reduce your impact on the environment, supporting a healthy planet for future generations!

### WHAT ARE THE BENEFITS OF WASTE-FREE LUNCHES?

Benefits of packing a waste-free lunch include:

- Providing a healthy lunch with less processed food
- Saving money by buying foods in bulk
- Reducing waste to landfill
- Conserving resources associated with packaging
- Teaching children about the need to rethink, reduce, reuse, recycle and compost

### WHAT ARE THE ENVIRONMENTAL IMPACTS OF PACKAGING?

There are several harmful environmental impacts of packaging. Most packaging that ends up in landfill takes a long time to decompose, taking up valuable space and having the potential to travel into surrounding natural environments. Litter from packaging can harm wildlife and impact the quality of our waterways. Most packaging is not reusable or recyclable and requires many natural resources to manufacture. By having a waste-free lunch, you can help preserve the life of landfills by reducing the amount of packaging being sent to these places.

### PACKING A WASTE-FREE LUNCH

Have you ever considered how much rubbish is produced each meal time in your child's school playground? Follow the simple tips below to assist your waste-free lunch preparation:

- Pack your child's lunch in a hard-case lunch box or other reusable container
- Pack items such as sandwiches, cake, biscuits, chopped fruit or vegetables into reusable containers
- Healthy items such as fresh fruit and vegetables give your child energy- and they are already packaging free!
- Send your child to school with a refillable drink bottle
- Ask your child to assist you in preparing the food in their lunch box to ensure they will eat what is packed

### WASTE-FREE ITEM EXAMPLES

Below are a few ideas to inspire your waste-free lunches.



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