



Low Waste Lunches

Low Waste Lunches are a great way to get young people to begin to think about “Rubbish” or “Waste” and what they are throwing in the bin.

“Rubbish” is actually made from valuable resources, for example paper is made from trees, plastics are made from crude oil, coal and natural gas. It takes a lot of water, raw materials and energy to make “Rubbish”, so it’s important to try and AVOID, REDUCE, REUSE and RECYCLE wherever possible.



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All of us throw things out every day without considering the environmental impact of what we are doing. Packing a low waste lunch is easy. Here's how.....

Prepared by North East Waste: www.newaste.org.au
Recycling and Waste Education for the Northern Rivers Council
Phone: 6685 3651 and contact the Education Coordinator

Low Waste Lunches AVOID:

- Plastic wrap and foil
- Disposable items like plates knives and forks
- Paper lunch wrap
- “Gimmicky” packaged items e.g. chips, biscuits, small yoghurts, individually wrapped serves of food

Low Waste Lunches REUSE:

- Use re-useable containers that can be washed out
- Use a re-usable drink bottle which can be used many times
- Use recyclable and/or compostable packaging over disposable packaging (e.g. Plastic wrap)
- Cheese and biscuits or yoghurt which are taken from larger containers and repacked into a re-useable smaller container will avoid extra packaging waste and ensure that your child can reseal the food if needed
- Are often much healthier. They can encourage children to eat more fresh food packed in suitable quantities, instead of eating “gimmicky” snack foods.



Lunchbox 1: Litter Free Lunch



Lunchbox 2: Wasteful Lunch

- **This wasteful lunch-box contains 10 pieces of rubbish/recycling**

Glad wrap over sandwich - 1 piece of to landfill ; sultanas in a box - 1 piece of recycling; cheese stick - 2 pieces of landfill; popper juice and straw - 1 recycling, straw and straw packaging to landfill; yogurt container - recycling, plastic lid and plastic spoon landfill ; All scrunchy plastics can not be recycled - they will need to go in landfill bin.

A Low Waste Lunch Comparison



Lunch Box 1

Low waste lunch

Sandwich
(beeswax wrapper/reusable container)

Yoghurt
(from 2 kg tub in re-useable container)

Sultanas
(from 250g packet in re-useable container)

Piece of fruit/cut up
(scraps can go in the compost or green bin)

Cheese & Crackers
(in re-useable container)

Juice or water
(In a re-useable drink bottle)

What you throw out:

Nothing!

All containers are taken home, washed & re-used.



Lunch Box 2

Waste-ful lunch

Sandwich
(wrapped in plastic wrap)

Yoghurt
(60g disposable container)

Sultanas
(15g disposable box)

Packet of chips/muesli bar
(in non-recyclable packaging)

Cheese & Crackers
(individual serve in disposable container)

Popper style drink
(125ml disposable pack)

What you throw out: 10 items

- i) Plastic wrap (1)
- ii) Yoghurt container (2)
- iii) Sultana box (1)
- iv) Chip packet/muesli packet (1)
- iv) Plastic individual serve pack (2)
- v) Popper pack (3)

As well as minimising waste, the low waste lunch option costs less because items are bought in larger (bulk) quantities rather than individual serves.