

## RESOURCESMART

*'Dear parents/guardians,*

*We would like to bring back our rubbish free lunch day and have decided this will happen on a Wednesday every week this term.*

*We are aiming to be a rubbish free school. Thanks.'*

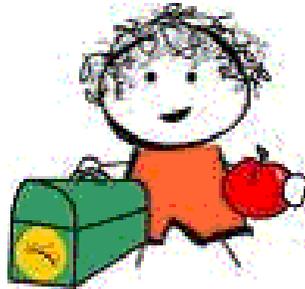
*Steph and Sommer as part of the planet protectors.*

Choices we make about food can effect our environment as well as our health.

Rubbish-free lunches programs encourage reusable food containers, drink containers, utensils, and napkins. They discourage the use of disposable packaging, such as pre-packaged foods, plastic bags, juice boxes and pouches, paper napkins, and disposable utensils.

Our rubbish ends up inevitably in the Bairnsdale landfill tip. Each fortnight the Cleanaway truck picks up the contents of one or two our rubbish bins (currently at the cost of \$25.85 inc GST per bin) and empties the contents into the tip.

Some of this waste is from school lunches. As individuals, we can reduce the amount of rubbish we generate.



Each Wednesday we are going to monitor the amount of packaging in the lunch boxes and we are going to see if we can reduce our waste.



Here are some handy tips for rubbish-free lunch days-

Think carefully before packing lunch. The challenge is to make sure you only have things that can be eaten, composted or recycled in your lunch.

**Transport** your lunch with Lunch boxes, hard plastic containers, or reusable cloth bags. **Bring** a drink bottle. **Un-processed fruit and vegetables** require no special packaging, unlike processed fruit alternatives such as “roll-up” type snacks. Have a few pieces of fresh fruit or veg in your lunch, then the only scraps they may leave can be composted.

An alternative to cling wrap to keep a **sandwich** fresh and un-squashed is a reusable plastic of a perfect sandwich size to hold it together just right! Another piece of waste you won't create!!!!

**Yogurt** tends to be a little tricky because most yogurt containers are made of a type of plastic that is not currently recyclable (often type 6). However, you can purchase larger rubs of yogurt in type 2 plastic containers (that are recyclable) and decant daily portions into a small plastic container.

Look out for a brand of yogurt which produces single serves of yogurt in recyclable type 2 plastic!

**Small packets of chips** are not just wasteful – most often, they cost more money because you are paying for all that added packaging. Instead, purchase the larger packages (without all the small packets inside), and again, with a small plastic container, just take a handful in your lunch each day.

***The other challenge is to CLEARLY label all containers so that they return home again at the end of the day!***