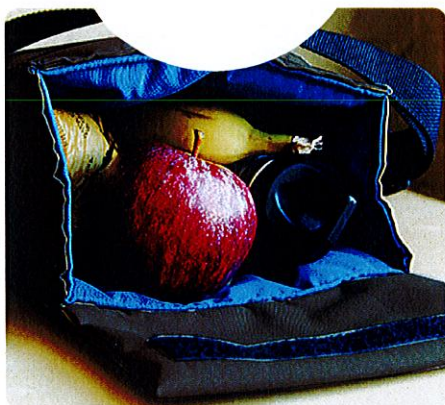


Education



Litterless Lunches



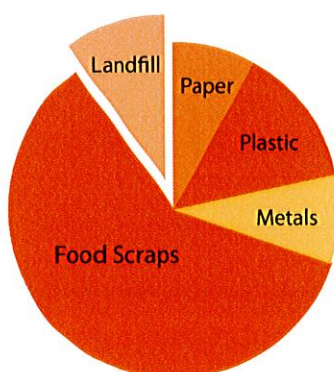
As nature intended: nude food.

Waste-Watchers

Sustainability Trust run Waste Audits to help schools, businesses and homes better manage their waste outputs.

This chart shows what we found when we analysed the contents of one local school's rubbish bins: more than three quarters could have been recycled or composted.

Contact us if you'd like to book Waste Audit for your home, a school or business.



Children need nutritious and interesting lunches, but lunches are also a key contributor to school waste. With some thought and planning, you and your school could be saving serious money - and helping the environment too.

What's the Problem with Lunch?

Food and food packaging make up to two thirds of all the rubbish most schools send to landfill. This means that parents are paying for uneaten groceries, and schools are paying to send those same groceries - and their packaging - to the landfill. Waimataitai School in Timaru has acted to minimise unnecessary waste by replacing all their rubbish bins with worm farms!

You can see a photo below of food salvaged from a Wellington school rubbish bin, and on the left is the same school's waste profile - before becoming a Litterless Lunch School. How much do you think you and your child's school are spending on creating and disposing of unnecessary waste?

Reduce, Reuse, Recycle

A litterless lunch takes only a little planning, and setting up a few easy new habits. The idea centres around reducing food waste and packaging, and ensuring that anything not eaten is reused or recycled. It's easier than it sounds. Our grandparents probably just called it common sense!

Food and recycling from a single day, recovered from a school rubbish bin





Biodegradable packaging, and kind to people too

Online Resources

Lots of info & resources:

www.wastefreelunches.org

30 days of snack & lunch ideas:

<http://tiny.cc/fy3zcx>

Lunch-box ideas:

<http://tiny.cc/yc5zcx>

DIY reuseable sandwich-wraps:

<http://tiny.cc/fi5zcx>

Common Unity Project:

www.epuni.school.nz/our-facilities.html

TIP

Use Tupperware or a tackle box for lunches. They store food better, and last longer.

Many schools now run gardening clubs for kids.



Five Easy Ideas for Food Waste Reduction

1. Give your children enough for lunch - but not too much.
2. Cook a little extra at dinner for tomorrow's lunches. Burritos, pizza, fritters and sushi make great leftovers.
3. Encourage your children to bring scraps home, so you can find out what's not being eaten, and why.
4. Compost uneaten food to save money, and reduce waste to landfill.
5. Bake and freeze a batch of mini-muffins or biscuits at the weekend. A frozen muffin will thaw in a lunch box and be fresh by midday.

Five Easy Ideas for Packaging Reduction

1. Buy in bulk. Chips, drinks, raisins, yoghurt, cheese and lots more can be found in bulk bins or family-size packs.
2. Use a drink bottle - water is waste-free, healthy and costs nothing.
3. Ditch the cling-film and foil. Neither are recyclable. Instead wrap food in paper or cloth (Nifty sandwich-wraps are available online).
4. Choose a lunch box that is well made, and has lots of small compartments for neatly fitting in snacks and sandwiches.
5. Look for alternatives to packaged items. Home-made yoghurt, muesli bars and biscuits are yummiier and just as cheap.



Brooklyn Kindy students with their litterless lunches

Lots of Easy Ideas for Involving Your Kids

There are lots of fun ways to involve your children in making litterless lunches. Even young children love to help in the garden, kitchen and supermarket. Growing herbs, fruit and veges, helping with meals and baking, finding the right items in the supermarket, and feeding the worm farm - are all child-friendly activities where lessons can be practical and fun. Check out the Common Unity Project at Epuni school.

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A Month of Litterless Lunch Ideas for a Balanced School Day

This menu is only a list of suggestions. Substitute what you know your child likes to eat. Keep it simple & stick with it. Litterless lunches are healthier for your child, the environment, and your pocketbook! With a bit of organizing, they can be just as quick to be assembled on a busy morning.

Weekend Prep: This weekend: Make a batch of mac & cheese & granola/cookie bars. Buy assorted vegetables, chop & put in small containers in fridge. Buy large containers of yogurt & applesauce & a bar of cheese. Buy large bags/boxes of pretzels. Put everything in individual containers for your cupboard or fridge so they are ready for the week!

First Break	*granola bar *yogurt *pineapple chunks *milk/soy	*½ tomato & cheese sandwich *pretzels *juice	*raisin bread *cheese cubes *yogurt *juice	*granola bar *raisins *cheese cubes/sticks *milk/soy	*dry cereal with raisins *yogurt *chocolate milk/soy
Second Break	*mac & cheese *veggie & dip *applesauce *water	*½ tomato & cheese sandwich *veggie & dip *water	*mac & cheese *grapes *granola bar *water	*chicken wrap *veggie & dip *applesauce *water	*mac & cheese *grapes *granola bar *water

Weekend Prep: This weekend: Make a batch of chili & a pan of cornbread. Buy assorted vegetables, chop & put in small containers in fridge. Buy large containers of yogurt & applesauce & a bar of cheese. Buy large bags/boxes of whole wheat snack crackers & ginger snaps or oatmeal cookies. Put in smaller containers for your fridge & cupboard.

First Break	*whole wheat bagel with cream cheese *applesauce *juice	*crackers & cheese *apple *gingersnaps *juice	*dry cereal *peach *yogurt *chocolate milk/soy	*½ chicken or ham wrap *banana *ginger snaps *milk/soy	*muffin *yogurt *banana *milk/soy
Second Break	*chili with shredded cheese *cornbread *veggie & dip *water	*pepperettes *cheese cubes *veggie & dip *peach *ginger snaps *water	*chili with shredded cheese *cornbread *veggie & dip *water	*½ chicken or ham wrap *snack crackers *yogurt *grapes *water	*chili with shredded cheese *cornbread *veggie & dip *water

Weekend Prep: This weekend: Make a pot of your child's favourite soup & a batch of rice krispie squares & muffins. Buy assorted vegetables, chop & put in small containers in fridge. Buy large containers of yogurt & applesauce & a bar of cheese.

First Break	*½ whole wheat bagel with cream cheese *grapes *juice	*muffin *pear *cheese cubes *milk/soy	*½ ham sandwich *applesauce *chocolate milk	*muffin *pear *cheese cubes *milk/soy	*½ whole wheat bagel with cream cheese *grapes *juice
Second Break	*soup *½ whole wheat bagel *rice krispie square *Blueberries *water	*homemade lunchables (ham & cheese slices & crackers) *rice krispie square *water	*soup *½ ham sandwich *rice krispie square *pear *water	*homemade lunchables (ham & cheese slices & crackers) *rice krispie square *water	*soup *½ whole wheat bagel *rice krispie square *Blueberries *water

Weekend Prep: Give yourself a break! Use up any frozen leftovers from the previous 3 weeks. Make a batch of cookies. Buy assorted vegetables, chop & put in small containers in fridge. Buy large containers of yogurt & applesauce & a bar of cheese. Buy large bags/boxes of Goldfish & put in individual containers for your cupboard.

First Break	*dry cereal with dried cranberries *yogurt *juice	*raisin bread with butter *pear *cheese cubes *milk/soy	*whole wheat bagel with cream cheese *applesauce *juice	*raisin bread with butter *pear *cheese cubes *milk/soy	*½ ham sandwich *applesauce *chocolate milk
Second Break	*mac & cheese *veggies & dip *grapes *cookie *water	*baked beans with shredded cheese *Goldfish *veggie & dip *water	*chili with shredded cheese *Goldfish *veggie & dip *water	*hummus *pita triangles *cucumbers *water	*soup *½ ham sandwich *cookie *grapes *water

Helpful Tips:



Pack a cloth napkin or make your own wet wipe with a washcloth soaked in soapy water kept in a waterproof container



Pack up all snack & veggie containers for the week on Sunday



Make sandwiches & pack thermoses with leftovers the night before.



Buy larger quantities of yogurt/applesauce & dispense them into smaller individual containers.



Cut fruit & vegetables into small, bite-sized chunks (fruit should be cut up the day it will be eaten).



Buy inexpensive reusable cutlery at a dollar store (snap-together camping cutlery works great!).



Make sure to use BPA-free reusable water bottles (juice boxes are pricey & cannot be recycled!).



Buy large bags of snacks such as pretzels or Goldfish rather than individual bags. Keep them in the cupboard & kids can help pick their own morning & afternoon snack for the day.



Choose a lunch bag that is roomy enough to pack your various reusable lunch containers & an ice pack.



Be creative! Have kids come up with their own healthful litterless snack & lunch ideas.