

MERICI COLLEGE GREEN TIP #23 – A WASTE FREE LUNCH BOX?

To avoid this:



Another photo of plastic waste in one bin here at Merici on July 28th. Here are some more tips to help reduce plastic waste sent to school and then landfill in our environment.

Make waste-free lunch boxes a reality:

- Buy mini containers and compartment lunch boxes (small hands can help pack their own lunches!).
- Buy snacks in bulk like unsweetened yogurt, hummus, cheese or crackers, and dispense into small reusable containers as required.
 - Choose fruits and vegetables which come wrapped in their own 'natural packaging', such as tomatoes, snow peas, oranges, bananas, baby cucumbers and beans.
- Include fruit and vegetables in your child's lunchbox every day. It's a great way to make these foods a normal part of your child's life, which can potentially lessen waste and reduce grocery costs.
 - Always pack a refillable bottle of water, or a frozen water bottle on hot days.
 - Wrap sandwiches in a cloth napkin, reusable beeswax wrap or a paper bag.
- Choose healthy, package-free options, and have students assist in making their own lunch to avoid uneaten food.
- Buy seasonal fruit and vegetables to save money and reduce food miles. Better still, grow your own!
- Avoid buying individually wrapped snacks, squeeze pouch yoghurts and single-use sandwich bags.

- Cans, yoghurt containers and juice boxes can be recycled at school in the co-mingled recycling - the Yellow Bins.
- Buy from the outstanding Merici waste-free canteen.



Let's get our food naked!

For more information:

<https://hercanberra.com.au/life/kids-waste-free-lunch/>

[Kids: it's time to pack your own waste-free lunch | HerCanberra](#)

Posted on 28 January, 2018. As families head to the shops to buy stationery and uniforms for the new school year, why not consider buying a waste-free lunch box as well?

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Felicity Maher
Sustainability Officer

