

Make the switch and save \$!

Rubbish-free lunches make for healthier bodies and a healthier planet, while also saving you money!

TIP: Reusable containers or partitioned lunch boxes can help you pack a waste-free lunch. Containers enable you to buy food in bulk (instead of in pre-packed single servings), which can save a lot of money!

Common Lunch Item	Rubbish Free Alternative
Plastic bags, cling or foil wrap, zip lock bags 	reusable containers: - a quick wash and they can be used again. - often easier for children to open and close. - durable and long lasting. - can be recycled. - keeps food in original condition. 
Yoghurt tubs or "squeezeable" pouches 	- buy yoghurt in large tubs: it's cheaper! - spoon out yoghurt into reusable containers. - choose the right sized portion so they don't waste any: this could also save you money! - for some extra fun and vitamins, have your child select fruit or muesli to mix in themselves. 
Single portion chips, pretzels or biscuits 	- buy one large packet and make your own portions - they eat the amount they want and seal it up again for later - make popcorn at home for a fun, healthy snack. - bake your own goodies: keep an eye out for rubbish free recipes in our newsletter! 
Muesli bars	- 'trail mix' or bulk muesli can be portioned into containers.
Fruit products: tubs, bars, straps, puree, individually wrapped dried fruit	- fresh fruits are a healthy alternative without colours, preservatives, sugar or wrappers. - portion large tins of fruit into reusable containers. - buy bulk dried fruit e.g. sultanas, apricots or 'banana chips'. - make your own jelly and fruit mix or puree in reusable tubs.
Individual 'snack packs': biscuits with dips, wrapped cheese sticks 	- create your own combinations: portion biscuits and dips into containers. - cut up carrot or cucumber to make healthy 'dipping sticks'. - use cheese cut from a block to avoid overly processed products: it's cheaper too! 
Plastic cutlery	- wash and reuse spoons from home. - reusable or folding plastic spoons come in a great range of colours and patterns.
Juice boxes or Pop Tops	- refilling a drink bottle is free! - use our school's "Be Smart, Choose Tap" water fountain - water is the best way to stay hydrated.

TIP: Large family? Short on time? Make up multiple portions for the week ahead.

TIP: Turn packing lunches into a fun family activity by sharing the responsibility of preparation with your children. Make it a rich learning experience!