

# We are taking part in



The school council team are focusing on reducing, reusing and recycling this year in school. Our aim is to get everyone in our school involved in firstly reducing the waste they bring into school, reusing what they can and recycling what they can't.

We challenge you to help us become a "waste-less" school.

Novelty foods such as packets of fruit, cheese, biscuits, yoghurt and other tasty snacks are expensive, heavily packaged and not necessarily the healthiest option for your child.

Taking even one or two of these tips on board can make a difference in both food and packaging waste, not to mention in your pocket!



We challenge you to take part in our "Waste-Less" Lunch Box week 2nd March to 6th March.



# Some helpful tips:

This leaflet contains hints and tips to help you reduce the amount of waste produced by your child's lunch to save money and help to protect the environment.

## Drinks

Instead of giving your child a carton or bottle of juice every day, try buying a large bottle that will provide a number of portions over a longer period of time. Diluting juice generally works out the cheapest. Give them a reusable bottle or flask that can be used again and again.



## Fruit and Vegetables

Little packets of fruit that are marketed at children are incredibly poor value. Try buying standard bags and putting some in a reusable container. Alternatively, chopping up fruit yourself is far cheaper than buying pre-chopped packets of fruit. The packaging that comes with pre-prepared fruit is also excessive.

## Sandwiches and Cakes

Instead of wrapping sandwiches and cakes in plastic wrap or foil, try using a washable plastic box. It will also help prevent the contents from getting squashed. Re-sealable bags are a cheaper alternative and can also be used again and again.



## Yoghurt and Jelly

Instead of buying your child small 'novelty' yoghurts that are very expensive, try buying a large pot of yoghurt that the whole family can share. Just put the amount that your child needs into a smaller container. Doing this helps to reduce the amount of plastic waste, and also food waste as you will be giving your child what they will actually eat. Instead of buying individual pots of jelly, make a larger one and share it out into reusable containers for the whole family.



## Crisps and Biscuits

Everyone deserves a treat! Again, it is cheaper and produces less waste packaging to buy a large packet of biscuits (not individually wrapped) or crisps and put what your child will eat into a reusable container.