

WHAT DOES A WASTE-FREE LUNCH LOOK LIKE?

A waste-free lunch

- unwrapped sandwiches
- unwrapped fresh fruit & veg/salad
- homemade cakes, slices, muesli bars, biscuits
- bulk-bought chips, peanuts etc.
- homemade/bulk-bought yoghurt
- cooked food/leftovers
- cheese & cold meats
- water

A waste-free lunch saves money, reduces waste and is often healthier.

Food in a reusable lunchbox does not always need to be wrapped.

If needed, wrap food in: cloth napkins, paper, zip-lock bags and provide reusable forks & spoons, drink bottles and containers

A waste-full lunch

- sandwiches sealed in plastic bags/wrap
- fruits & veg in plastic bags/wrap
- prepackaged chips, cookies, crackers, fruit bars/straps, muesli bars, cheeses, & other snack food
- individual pots of yoghurt & puddings
- juice boxes & fizzy drink cans

A waste-full lunch typically contains heavily packaged and processed food. This is often expensive and less healthy.

Waste items: plastic forks, plastic wrappers, disposable bottles & cans

A WASTE-FREE LUNCH CAN SAVE MONEY!

A waste-full lunch		A waste-free lunch	
Prepacked tuna sandwich	\$3.00	Homemade tuna sandwich	\$1.00
1 individual yoghurt (150g)	.95	150g serving of homemade yoghurt	.65
1 prepacked muesli bar	.60	1 homemade muesli bar	.40
1 fruit bar (20g)	.50	1 apple	.50
1 pack of crackers and cheese dip	.60	1 serving of crackers and cheese	.40
1 individual packet of chips (18g)	.38	18g chips from bulk pack	.22
1 individual box of raisins (14g)	.20	1 serving of raisins from bulk (14g)	.09
1 fruit juice pack	.70	water	0
1 plastic spoon	0.07	1 reusable spoon	0
TOTAL /day	\$7.00	TOTAL /day	\$3.26
TOTAL /week	\$35.00	TOTAL /week	\$16.30
TOTAL /school year	\$1400	TOTAL /school year	\$652

\$1400 - \$652 = \$748 savings per student/school year



Suitable lunch containers:	Cost
Reused ice cream containers or any durable, washable containers made of plastic or tin	Free
The Warehouse: Nude Food SMASH lunchbox	\$20.00
The Warehouse: Nude Food Triple snack tube	\$5.50
Tupperware: 'Double Act' – set of 2 small square lunchboxes*	\$31.50 for set of 2 (lifetime guarantee) (prices at 19/8/2010)
Tupperware: Super plus lunch boxes – divided into 3 sealed compartments*	\$32.90 each (lifetime guarantee) (prices at 19/8/2010)
The Warehouse: Sistema Quaddie & slimline Quaddie	\$8.00
The Warehouse: Sistema KLIP IT lunch cube	\$6.00
NZ company 4myearth: reusable (washable) bags, pockets and wraps for lunches, including ones with designs for kids. http://www.4myearth.co.nz/	Prices range from around \$12-17

***Tupperware containers available locally from Kate McMorran:**

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