

## Pack a waste free lunch whenever you are out and about:

- School
- Work
- Day trips
- Field trips
- Picnics

### Its better for you and the environment!

- You waste less
- You spend less



## Remember the 4 R's when you pack your lunch:

**Reduce** - Cut down on your packaging and food waste by buying fresh produce and by making your own sandwiches rather than buying pre packed ones. Wrap sandwiches in aluminium foil instead of clingfilm because foil can be reused and recycled.

**Reuse** - Use reusable containers for your lunch box and drinks bottle and avoid disposable utensils.

**Recycle** - Use recyclable packaging to wrap things in and if you can't find anywhere to recycle them when you are out take the home for recycling.

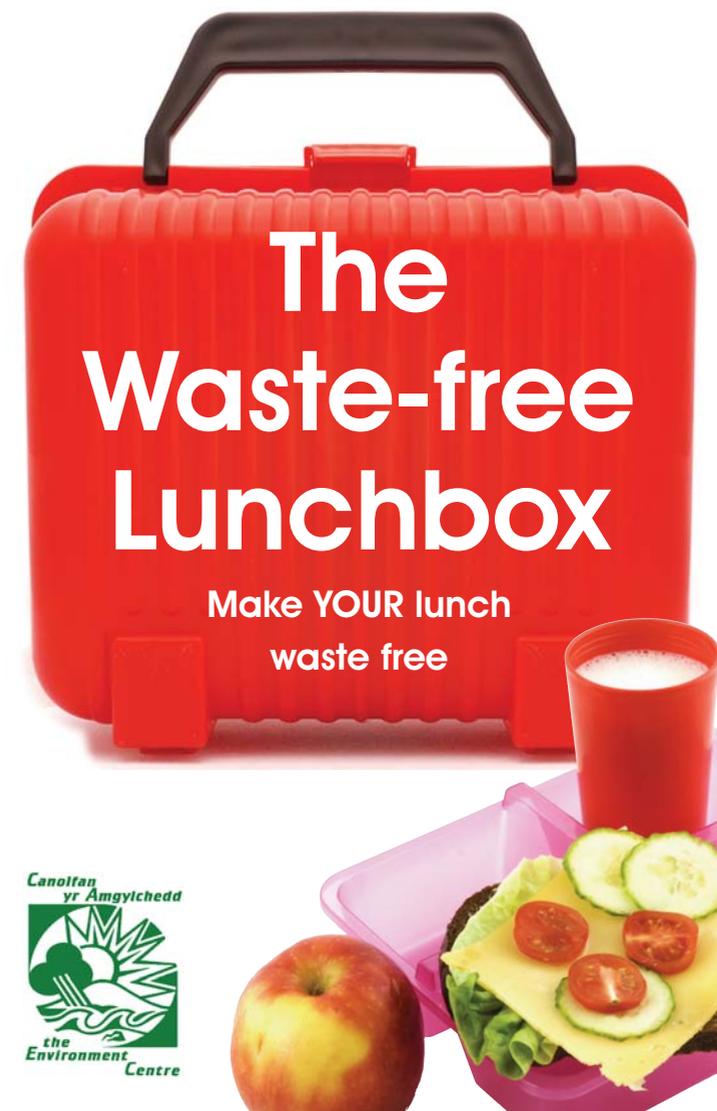
**Rot** - Compost all your fruit and vegetable waste.

## Top lunchbox tips

- Make your sandwiches with breads like granary or wholemeal bread. If you want to try something different, try using pitta bread, tortilla wraps or chapatties.
- Put some tasty fillings like tuna, ham or boiled egg in your bread, but then add salad like lots of tomatoes, cucumber and lettuce to make it even more tasty.
- If you like cheese, why not go continental with Dutch Edam or Italian Mozzarella for a different taste? Cottage cheese is just as good for you.
- If you don't always fancy an apple or banana, try a handful of grapes, some fruit salad, a small box of raisins or a small tin of pineapple bits in juice.
- Instead of fizzy drinks, have a carton of juice, a yoghurt drink or flavoured milk.
- Why not add some plain popcorn to your lunchbox, instead of crisps? Breadsticks are also a healthier choice and make great pretend light sabres!
- Don't forget to include vegetables like cherry tomatoes, sticks of carrot, cucumbers, peppers and celery to your lunchbox.
- Replace cakes and chocolate biscuits with some fruit bread or currant buns like hot cross buns.

**Better for you,  
better for the environment!**

**A child taking a disposable lunch to school each day creates on average 30kg of waste annually**



## What is a Waste Free Lunch?

Waste free lunches are exactly what they say - lunches that create no waste, anything that is used is either consumed or reused and recycled. Its easy!

### The Basics

- Use a proper lunch box to put everything in, this can be reused again and again.
- Wrap sandwiches in foil, this can be recycled.
- Use a refillable drinking bottle.
- Use reusable utensils, not plastic throw away ones.



### Why should we bother?

**Landfill** - In the UK we are running out of landfill sites. Its estimated that there will be no more landfill by 2016.

**Incinerators** - Burning our waste is not a sustainable solution for the future even though we can gain energy from waste incineration. This is because very poisonous fumes called DIOXINS are given off from incinerators as well as green house gases such as carbon dioxide. Also the residue (*stuff*) left after incineration is highly toxic and this would need to be landfilled somewhere.

**Resources** - We are fast running out of resources such as oil (*plastics are made form this*) and other materials such as metals and paper are becoming harder to obtain from sustainable sources. If we reduce, reuse and recycling more we can cut down on the need for virgin materials.

**Energy** - By recycling materials we can save around 90 - 95% of the energy required to make something from scratch. This helps stop climate change and saves money.

## What is a healthy lunch?

Include a variety of foods from at least three of the four food groups:

- Vegetables and fruit.
- Grain products (*eg. bread*).
- Milk and milk alternatives (*eg. soya*).
- Meat and meat alternatives (*soya, quorn etc.*).

We are advised to eat at least 5 portions of fruit and vegetables a day to have a healthy diet.



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