

## 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 ham & egg sandwich	\$2.95	Homemade ham & egg sandwich	\$1.10
1 individual yoghurt (150g)	.95	150g serving of homemade yoghurt	.70
1 prepacked muesli bar	.65	1 homemade muesli bar	.45
2 fruit bar (20g)	.50	1 apple	.50
1 pack of crackers and cheese dip	.65	1 serving of crackers and cheese	.43
1 individual packet of chips (18g)	.37	18g chips from bulk pack	.25
1 individual box of raisins (14g)	.25	1 serving of raisins from bulk (14g)	.10
1 fruit drink pack	.45	water	0
1 plastic spoon	0.08	1 reusable spoon	0
<b>TOTAL /day</b>	<b>\$6.85</b>	<b>TOTAL /day</b>	<b>\$3.53</b>
<b>TOTAL /week</b>	<b>\$34.25</b>	<b>TOTAL /week</b>	<b>\$17.65</b>
<b>TOTAL /year</b>	<b>\$1370</b>	<b>TOTAL /school year</b>	<b>\$706</b>

**\$1370-\$706 = \$664 savings per student/school year**



<b>Suitable lunch containers:</b>	<b>Cost :</b>
Reused ice cream containers or any durable, washable containers made of plastic or tin	Free
Mitre10 Mega: Nude Food Triple Snack Tube	\$5.07
Mitre 10 Mega: Nude Food Mini Rubbish-Free Lunchbox	\$18.30
Mitre 10 Mega: Nude Food Large Rubbish-Free Lunchbox	\$20.79
Mitre 10 Mega: Nude Food Rubbish-Free Lunchbox3	\$13.50
Mitre 10 Mega: Sistema Lunchbox Quaddie (2.57L)	\$12.26
Mitre 10 Mega: Sistema Lunchbox Quaddie (1.5L)	\$10.95
The Warehouse: Nude Food Movers Lunchbox	\$20.00
The Warehouse: Nude Food Double Snack Tube	\$7.00
The Warehouse: Sistema Slimline Quaddie	\$10.00
The Warehouse: Sistema Lunch Cube (1.4L)	\$7.00
Tupperware: 'Double Act' – set of 2 small square lunchboxes Check them out at: <a href="http://www.tupperware.co.nz">www.tupperware.co.nz</a>	\$34.80 for set of 2 (lifetime guarantee) (prices at 11/4/2013)
Tupperware: Super plus lunch boxes – divided into 3 sealed compartments	\$36.00 each (lifetime guarantee) (prices at 11/4/2013)
NZ company 4myearth: reusable (washable) bags, pockets and wraps for lunches, including ones with specific designs for kids. Check them out at: <a href="http://www.4myearth.co.nz">www.4myearth.co.nz</a>	Prices range from around \$12–17

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