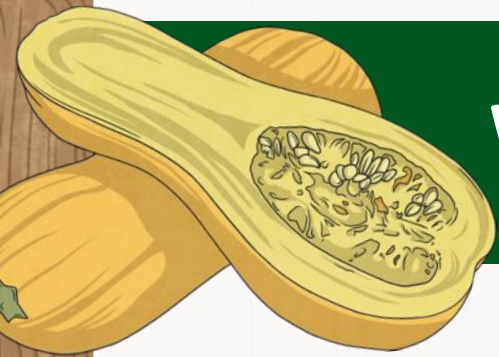


RPS TERM 4 RUBBISH FREE LUNCH CHALLENGE

Brought to you by Sem 2 sustainability leaders



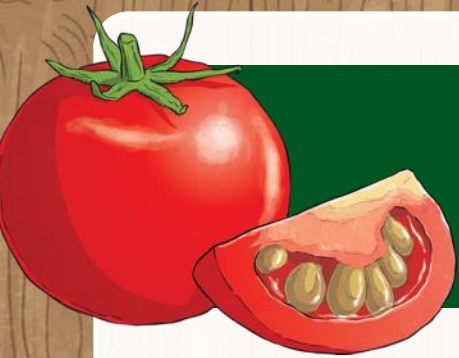


Why Does Waste Matter?

-  Every day, schools create piles of food and packaging waste.
-  Most of it goes into landfill, where it creates harmful gases and pollution.
-  If we plan carefully, we can stop that waste from happening!

Think: *What kind of rubbish do you usually throw away at lunch?*





What Is a Zero-Waste Lunch Box?

A zero-waste lunch box means nothing goes in the bin.

-  No plastic wrappers.
-  No uneaten food.
-  No disposable packaging.

Just yummy food in reusable containers and scraps that can be composted.





Food Waste in Lunch Boxes



Uneaten sandwiches, half a banana or an untouched snack are all food waste.



Food waste creates methane in landfill, which harms the planet.



Plus, it's a waste of money and effort too.

Quick Fact: Australia wastes 7.6 million tonnes of food every year!





Packaging Waste in Lunch Boxes

-  Wrappers, cling film, chip bags and juice boxes all add to landfill.
-  These often can't be recycled.
-  They stick around in landfill or end up in our oceans.



CHALLENGE- Instead of buying individually wrapped snacks buy a large packet and bring a small portion each day packed in a reusable container



Smart Swaps – Let's Reduce the Waste!

-  Use reusable containers instead of cling film.
-  Bring a drink bottle instead of juice boxes.
-  Use beeswax wraps or lunch box dividers.



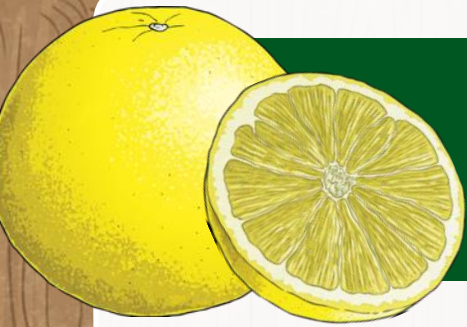


Using Up Food and Leftovers

-  Bring leftovers from dinner, like pasta or rice, in a container.
-  Chop up extra fruit or vegetables for snacks.
-  Make mini muffins, wraps or fritters from what you already have.

Tip: Ask your family to help plan your lunches for the week.





What Can Be Composted?

Some food scraps can go into compost or a worm farm:



apple cores



orange skins



banana peels



vegetable ends

These turn into healthy soil for gardens instead of harmful gas in landfill.

Compost bins should be emptied at least every second day by sustainability agents



How the Challenge Works

Your mission: Pack a zero-waste lunch every day in term 3

Each day, track:

-  what you ate
-  if you threw anything away
-  how you packed your food
-  what you could do better tomorrow



Each day students will fill in the class rubbish free lunch chart at recess or brain break time. If students have at least 1 rubbish free lunch, they will be rewarded with a wild card at the end of the week.

Your mission: Pack a zero-waste lunch every day

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