

Let's reduce the waste at CHPS!



Look more closely and you will see just some of the waste generated from CHPS lunchboxes in 3 days.

Why?

On average, a child who has a disposable lunch generates 3 pieces of rubbish per day.

The waste from each child's lunch would fill an entire 240L wheelie bin each year.

There are a lot of great reasons that schools aim for waste-free lunches.

> Waste from lunch packaging not only makes our school grounds messy, it goes to landfill and adds to the vast piles of rubbish that the world is accumulating.

Why do we go to the trouble to minimise packaging and wash our reusable containers?

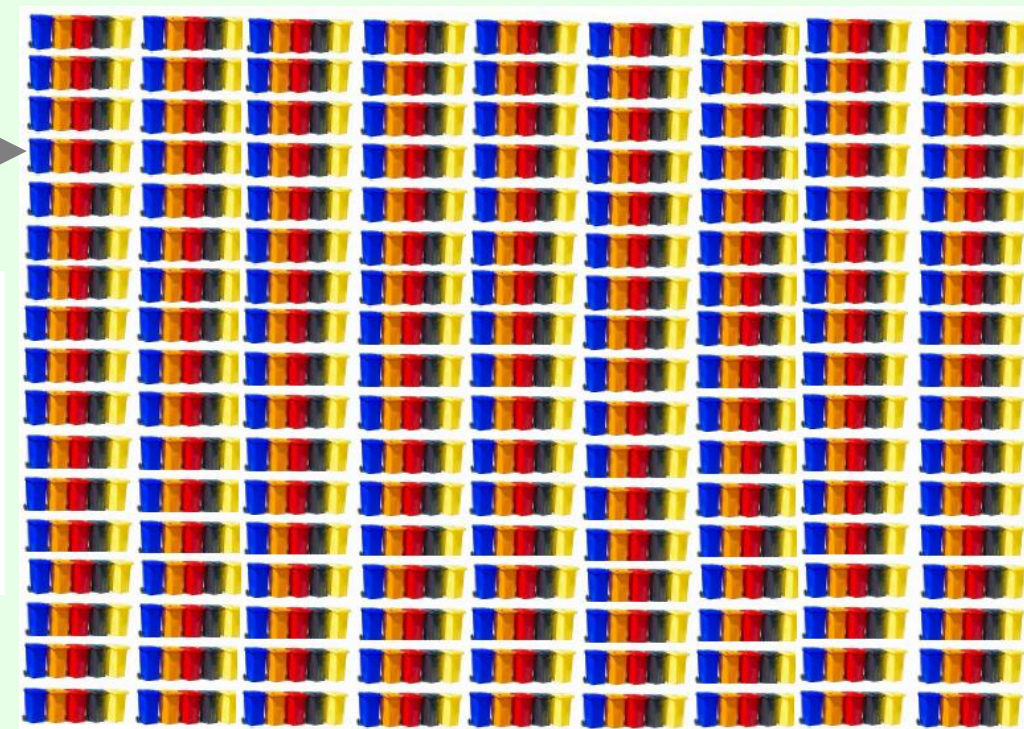
> Yes, it's harder work. Yes, it takes a little more time. But food without packaging can be healthier, better for our environment and cheaper.



A lunch like this can lead to a full wheelie bin of rubbish being generated by each child per year!



This is how much landfill CHPS would generate each year based on the average rubbish created by each child's lunch box





Goodbyn Hero Lunchbox (\$24.95)



Nude Food Movers (\$12.71)



Tupperware Sandwich Keeper Plus(\$33)



Thermos Funtainer Food Jars (\$19.95)

Invest in products that make rubbish-free lunches easier



Kids Konserve (\$31 for 3 pack)



Honey Bee Beeswax Wrap(\$15.00 for a medium)



4 My Earth Snack Pocket(\$12.95)



Lunchskins (\$10.45)



FRUIT & VEGGIES

Apples Bananas Carrots
Oranges Grapes Cucumbers
Berries Kiwi Fruit Fruit Salad
Watermelon Cherry Tomatoes



MAIN ITEM

Sandwich/Roll
Wrap/Pita
Frittata/Quiche
Pasta/Pasta Salad
Salad
Sushi/Rice Paper Rolls
Noodles/Rice



Rubbish-free lunchbox ideas



SNACKS

Yoghurt
Veggie sticks and dip
Cheese and crackers
Popcorn
Rice crackers
Pretzels



**REUSABLE
WATER BOTTLE**



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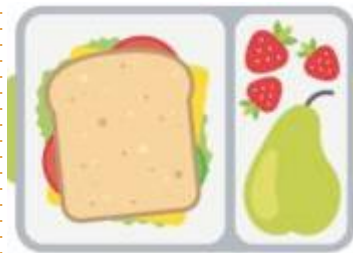
Try bringing rubbish-free lunches to school!
(= food without excess packaging)

Try to pack:

- ✓ A reusable lunch box/bag
- ✓ Snacks in reusable containers
- ✓ Water in a reusable bottle
- ✓ Reusable utensils when needed

Try to avoid:

- X Plastic cling film
- X Plastic bags
- X Plastic zip lock bags
- X Foil
- X Disposable cutlery
- X Individually-packaged snacks



PACK RUBBISH-FREE LUNCHBOXES!



Every fortnight, the class with the least amount of rubbish will be awarded the trashy trophy!