

# WASTE FREE LUNCH GUIDE

MLC is committed to reducing our waste to landfill and one of the ways we can do this is by encouraging waste free lunches.

## What is a waste free lunch?

A waste free lunch does not contain throwaway packaging or produce food waste. The typical waste free lunch is packed in a lunch box or bag. The food is put in reusable containers rather than wrapped in disposable packaging, a drink is in a refillable bottle and all containers are resealable so that leftover food and drink can be saved for later.

## Why should we have a waste free lunch?

By bringing less waste into schools we can minimise litter, reduce waste going to landfill, save money and support healthy eating habits. Producing excessive amounts of waste is a major problem in Australia, with Australia being the second highest producer of waste per person when compared to other western countries.

## What can we do to have a waste free lunch?

- Use reusable lunchboxes with compartments, multiple containers or sandwich wraps
- Avoid single-use plastic or other wrappers (zip lock bags, cling film, aluminium foil)\*
- Avoid food in wrappers (e.g. bake at home)
- Buy in bulk and dish into smaller reusable containers
- Take uneaten food home to eat later or compost
- Don't pack too much food (learn from what comes home uneaten)

\*Note: If you have to use soft plastic wrappers please take home and dispose at a [soft plastic recycling](#) location.

Help us go from this:



To this:



## RESOURCES

For online resources go to the [Waste Wise Schools Program](#) and their [Zero Waste Lunch Toolkit](#) or the Planet Ark [Waste Free Lunch Guide](#).