



HERETAUNGA KINDERGARTEN

PREPARE YOUR TAMAITI A WASTE-FREE LUNCH !



Start with a reusable segmented lunchbox.

These are available from The Warehouse, Pak n Save, Mitre 10, Tupperware and others from \$5-00 onwards. Write your name on all containers.

Avoid plastic bags, plastic wrap, aluminum foil, and prepackaged foods whenever possible.

Add reusable utensils.



Why pack a waste-free lunch?

- Children learn to care for the environment
- Packing a waste free lunch is just one way that children can learn to REDUCE, REUSE AND RECYCLE.
- Children cannot open wrapped foods easily, and can choke on plastic.
- Kindy saves money
- Money normally spent on waste disposal can be used in resources instead.
- Parents save money
- Expensive prewrapped 'convenience' food is replaced by bulk buying
- Landfills are a big problem
- New Zealanders throw away 3.6 million tones of rubbish every year. It is an expensive process, a waste of nutrients and landfills can be unstable.
- Rubbish does not break down quickly in the ground—it persists for many years in an airtight landfill!

How can I pack a waste-free lunch?

Packing a waste-free lunch may take more time but given the benefits, it's well worth the extra effort. Here are some tips for making it work:

- Use segmented lunch boxes.
- Bulk buy foods and pack them in small compartments.
- Zip lock bags are washable and reusable.
- Use small containers to take yoghurt, soup or other wet foods.
- Stock your kitchen with fresh fruits, vegetables, whole grains and other nutritious foods.
- Buy from Bulk bins.
- Pack lunches in the evening and store them in the fridge overnight.
- Use leftovers.

Food Ideas:

Sandwiches and pita wraps

Dried fruit

Veggie sticks and dips—carrots, celery, pepper, beans, sprouts, fresh fruit—blueberries, pineapple, mandarins, banana, apple

Natural popcorn

Corn cobs

Cheese shapes

Mini muffins

Sushi

Cold pizza

Rice or pasta

Meatballs

Luncheon sausage/meats

Celery stuffed with cheese

Pikelets

Coleslaw/salad

Pretzels

Weetbix

Corn or other patties



“School lunch and after school snacks” by Alison Holst has some excellent ideas and recipes. (Held in parent library, please feel free to photocopy from it)

For further interesting reading visit:

www.wastefreelunches.org

www.sustainablehouseholds.co.nz

www.zerowaste.co.nz

www.ecan.govt.nz

www.nhf.org.nz

www.everyday-sometimes.org.nz