

Litterless Lunch tips

- Get children to help pack their lunches with healthy foods.
- Only pack as much food as your child will eat.
- Use re-useable lunch bag/box for carrying a lunch.
- Label all containers so they have a better chance of coming home.
- Use a refillable bottle for drinks- it's cheaper and kids can save drinks for later! Avoid drinks in packages that cannot be resealed. After a few sips drinks are often discarded.
- Use a thermos for cold drinks or hot soups.
- Put sandwiches, muffins etc in "Tupperware" style containers, instead of plastic bags.
- Re-use plastic margarine tubs or washed milk bags for veggies, fruit etc.
- Avoid pre-packaged, single-serving portions of snacks and drinks.
- Put re-useable cutlery and napkins in your child's lunch box.
- Prepare extra food at dinnertime and use the leftovers for lunches.
- Minimize the morning rush (when you'll reach for the convenience, over-packaged items) and pack lunches the night before and refrigerate over night.