

Waste Free Lunches

Tips for the really virtuous:

- ✿ Save money and reduce packaging by bringing food from home
- ✿ Don't wrap food, use reusable containers
- ✿ Eat fruit which is healthy and can be composted
- ✿ Be adventurous, bring sandwich alternatives in reusable containers
- ✿ Bring drinks in reusable containers
- ✿ Try a bit of home cooking to provide waste free treats

Tips for the slightly less convinced and less organised:

- ✿ Use tin foil rather than cling film as it can be recycled
- ✿ Support local bakeries and sandwich shops who use paper bags
- ✿ Avoid cartons of juice, drink from bottles or cans which can be recycled
- ✿ Buy packs of biscuits which aren't individually wrapped as snacks
- ✿ Look for snacks such as chocolate in packaging that can be recycled

