



press clip

## Aiming for litterless lunchbox

Ever considered just how much rubbish is produced every lunchtime in school playgrounds across the country?

Yoghurt containers, chip wrappers, plastic sandwich bags and juice boxes are all destined to end up as landfill or possibly in nearby waterways endangering marine life.

But you can change how much rubbish goes to Dubbo's tip.

Founder of eco-friendly products website 'Ash n Juls' Pei-Shan Wu said a litterless lunchbox would teach kids how to look after the world for years to come.

"The goal of packing a litterless lunch is having no waste to throw out when you're finished eating," Ms Wu said.

"Anything that can't be eaten should be brought home to be washed and reused," she said.

Some tips to consider when reducing lunch box waste include the following.

- Ditching paper, plastic bags and cling wrap and packing kids lunches in reusable, eco-friendly containers.

- Using and re-filling drink bottles to stop the constant purchase of plastic water and soft drink bottles which are major contributors to landfill.

- Buying in bulk to cut back on packaging. Avoid individually wrapped snacks such as yoghurt, dried fruit, chips and juices. Buy larger sizes and portion

out into reusable containers, saving both resources and money.

- Shop and cook with kids to involve them in preparing meals for a fun family activity. Kids are more likely to enjoy eating their own creations and less likely to throw away food knowing the work that went into it.

- Buying fresh food products to eliminate quick-fix pre-packaged snacks. In buying fresh produce only compostable scraps like apple cores and banana peels remain after eating. Not only is it healthier for the whole family, it supports Australian farmers.

Already popular in the US and Canada where schools have implemented litterless lunch programs, Ms Wu said that the concept needed not stop at schools.

"Think about what you take to work or the waste that is produced when you buy a fast food meal. Start replacing pre-packaged meals and snacks with homemade meals stored in reusable containers," Ms Wu suggested. "Have your favourite cafe pour your coffee into your own travel mug instead of a take away cup and feel good knowing you're taking concrete steps to reducing unnecessary waste."

