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# Go lunch green

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 for the rubbish bins, ending up as landfill.

This year, send the kids back to school with a litterless lunch and an eco-clear conscious.

According to Pei-Shan Wu, founder of eco-friendly products website Ash n Juls, Australians produce unsustainable levels of waste each year.

“The goal of packing a litterless lunch is having no waste to throw out when you’re finished eating,” she said.

Parents should ditch paper and plastic bags and pack kids lunches in reusable, eco-friendly containers such as food-grade stainless steel lunch containers that can be used throughout the school year.

Refillable stainless steel drink bottles encourage kids to enjoy tap water right throughout the day.

Being BPA free, they are a safe substitute to plastic bottles, which are a major contributor to landfill.

Buy in bulk and save 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.

She also suggested involving children in preparing meals.

“Kids are more likely to enjoy eating their own creations and less likely to throw it away,” she said.