



Waste Free Packed Lunch Tips



Follow these tips to try to reduce the amount of rubbish you throw away by thinking about packaging that can be reused and recycled (including composting) when putting together a packed lunch.



Instead of using cling film or plastic sandwich bags; use tin foil, a reusable plastic tub or even a sandwich wrap.



Rather than buying a carton of juice or a coffee in a takeaway cup, use a reusable bottle or cup.



As an alternative to buying a multipack of crisps, buy them in a larger pack and split them into reusable plastic containers when you are ready to put them in your packed lunch.



Avoid buying pre-cut fruit in a single use plastic bag or pot, just have fruit in its natural packaging- the skin! You can then either put the skin or core in the food and garden bin or put it in your home composter if you have one.



When buying snacks such as individually wrapped cereal bars and chocolate bars, check to see if the packaging is paper or card so it can be recycled.

