



## Litterless lunches



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### Introduction

More and more people are now making litterless-lunches. But what exactly is a litterless-lunch, how do you make one and why is it such a powerful way to make the world a cleaner and more beautiful place?

### Litter

Have you ever walked around a school or walked down the road and have seen wrappers, bottles and other items lying around, waiting for the wind or rain to take it somewhere? This is called litter.

When litter hits the ground, chance is, that in New Zealand, it will end up in the water and eventually go out to sea. All the storm water drains lead to the sea after all. If you want to know what happens when plastics gets into the sea have a look at the 'plastics in the sea' chapter.



It is important to realise that most people don't want to litter. Sometimes litter just flies away when it falls out of your pocket or you haven't put it away properly. Sometimes it even gets blown out of overflowing bins. *Some* people do litter on purpose and even throw rubbish out of car windows. If you see someone doing this, perhaps you can explain to them why this is super uncool.

### What is a litterless lunch?

So what is this litterless lunch, also known as a nude food lunch box? The name says it all really; it means a lunchbox that doesn't contain any litter. Most litter is single use plastic. This is

plastic that is made to be used only once, such as chippie packets and muesli bar wrappers.

A litterless lunch has no single use plastics, it's a lunchbox that has:

- ✓ Compartments so that you don't need to use glad wrap.
- ✓ Reusable containers. (for your chippies, biscuits and yoghurts for example)
- ✓ Reusable spoons, forks and napkins
- ✓ Compostable paper or beeswax wraps if you do want to wrap your food.
- ✓ A reusable water bottle

The advantage of a litterless lunch is that it is better for the planet AND cheaper!

Sounds pretty easy doesn't it?

### Why is it such a powerful way to look after the planet?

Just imagine 25 kids in the classroom each have 3 pieces of wrapped food in their lunchbox, a packet of chips, a muesli bar and a glad-wrapped sandwich. That is 75 items of packaging per class per day. This comes to 375 pieces of packaging per week, and a stunning 15,000 per year for one class! In a school of ten classrooms this would be an annual average of 150,000 pieces of packaging in just one school! Reducing the amount of packaging by even one per student would REDUCE the amount of rubbish created by 5,000!.

In 2019 there were almost 817,000 school kids year 1 to 13 in New Zealand (source: <https://www.educationcounts.govt.nz/statistics/schooling/student-numbers/6028>)

Just imagine saving almost a million pieces of rubbish, REDUCED simply by using a reusable container, in just ONE DAY!!!!

You **Can** make a difference, and together we can shift the tide!

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<https://www.yummymummyclub.ca/blogs/gwen-leron-50-shades-of-green/20151025/everything-you-need-to-make-litterless-school-lunches>



**10,269,090,000**  
**LITTERED**  
**CIGARETTE BUTTS**  
polluting our ecosystem



**2,142**  
PER PERSON IN NZ



**394,965,000 L**  
**OF LITTERED**  
**DISPOSABLE NAPPIES**  
across NZ



Enough to fill  
**158**  
OLYMPIC SIZED  
SWIMMING POOLS



**3,686,340,000**  
**INDIVIDUAL FRAGMENTS**  
**OF LITTERED PLASTIC**  
can be found in NZ



**36,863**  
PLASTIC PIECES  
FOR EVERY KIWI



NZ is littered with  
**258,043,800 L**  
**OF TAKEAWAY**  
**CONTAINERS**



Enough to fill  
**25**  
RUGBY FIELDS  
**1 M HIGH**



**265,324,848 L**  
**OF ILLEGAL DUMPING**  
across NZ's highways  
and railways



ENOUGH TO FILL  
**2,123**  
RAIL CARRIAGES



The height of  
**151 x**  
AUCKLAND'S  
SKY TOWER



Results as quoted against a 1000 m<sup>2</sup> site area and extrapolated across the area of NZ



