

Dear Parents,

Every piece of packaging or excess food that we can save from landfill makes a difference. As part of the Waste Wise Schools, we focus on reducing the amount of material that we send to landfill.



When planning lunches, throughout the year, please help minimise food and packaging waste by packing a waste-less lunch!

Please remember, any rubbish packaging your child brings to school must go home again; if you buy it, you are responsible for disposing of it correctly!

Try to pack ... A Waste-Less Lunchbox	Avoid ... A Disposable Lunchbox
<ul style="list-style-type: none">• Snacks in reusable containers• Drinks in a reusable container• Reusable utensils when needed• A reusable lunchbox or backpack• Small pieces of fruit, yoghurt or snack items in a reusable container	<ul style="list-style-type: none">• Lunches packed in plastic bags or glad wrap, foil.• Disposable drink boxes, pouches, cans, cartons, and bottles• Disposable forks and spoons• Pre-packaged single-serve snack items



Here are a few more suggestions:

Help children to make nutritious, waste-less lunches and let them make their own lunches. Try packing lunches the night before and storing them in the fridge overnight.

- Discuss with your child what they like to eat and how much. Bin audits in schools show large quantities of unopened pre-packaged foods, including single-serve yogurts, cheese sticks, sandwiches, uneaten apples/fruit and many near full fruit boxes being thrown away. This costs your family money as well as creating waste.
- Cut up fruit and vegetables and pack them in reusable containers so that children can eat some and save the rest for later. For example, it's hard to take some bites from a big apple at recess and save the rest for lunchtime. It's easier to eat a wedge or two and then reseal the container. A rubber band around sliced apple will prevent browning.
- Encourage your children to bring home uneaten food to eat after school. Appreciate that play time is also important. Often children throw uneaten food away because they don't want to upset the person who packed the lunch. If you're not sure how much they can eat at school, start small. eg a piece of fruit and a sandwich, and build it up if they are asking for more.
- If your children have chips, savoury biscuits, or other snacks try buying a larger bulk pack (rather than the more expensive so called 'convenience' packs with lots of packaging) and have your children put the same quantity into a reusable labelled container or Ziploc bag that they bring home each day.
- Remember to check how much sugar is in packaged food; many 'health' bars contain a lot of sugar; children should only eat 1 teaspoon (4 grams) of sugar a day.
- Send a re-use bottle of water to school; kids just need water!
- Reducing single use plastic in the landfill will help our Kaimoana, as our landfill is on Ahipara beach!

For more information, please contact **Joanne Shanks 022 6393154**

Remember, in the Far North we can recycle, free, at your local transfer station.

- **Plastic 1-2.**
- **Glass/tins and cardboard.**
- **Batteries**