

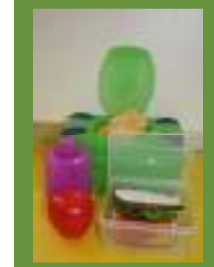


Pack Your Own Zero Waste Lunch

Take a look at the two lunchboxes below. What things are the same in each lunchbox? What things are different?



Lunch A

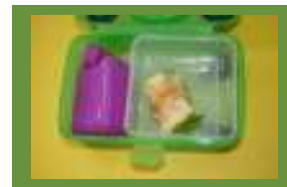


Lunch B

Did you notice that each lunchbox contains a sandwich, a drink, some fruit, and a few crackers? But what will you have left over when you're done eating lunch?



Lunch A



Lunch B

After eating lunch A, you'll have a lot of rubbish. Lunch B is what we call a Zero Waste Lunch because after lunch you have no rubbish to throw into the bin! All you have left is an apple core which can be composted or fed to worms.

Tips for packing a zero waste lunch:

- use a reusable lunchbox instead of a paper bag to carry your lunch
- get a reusable sandwich container so you won't have to use plastic wrap
- use a refillable bottle for juice
- buy items in bulk – avoid individually wrapped packets of biscuits, chips etc.

Remember, everything in a Zero Waste Lunch can be eaten, reused or composted!

Try This

What you need:

- one 250 g packet of M&M's
- one 210 g packet of M&M's

What you do: Open your M&M's and answer the following questions.

1. Which packet is biggest in size?
2. Which packet weighs the most?
3. Which packet contains the most chocolate?
4. Which packet contains the most packaging waste?
5. Which packet costs the most?
6. Which packet gives you the best value?
7. Why is it a good idea to buy items in bulk rather than individually packed?



Don't forget to put your M&M's in a reusable container to eat later!