

Zero Waste Lunch



Hints and tips to reduce your
lunch box waste

Some easy tips to try:

Over a third of the food we buy in Scotland is thrown directly into the bin, costing each household around £400 per year in food waste, and with children in the household, this figure can be even higher!

Food waste and packaging are major contributors to the amount of waste sent to landfill. If we stopped all this waste, we could prevent carbon dioxide emissions equivalent to taking 1 in 4 cars off the road.

This leaflet contains hints and tips to help you reduce the amount of waste produced by your child's lunch to save money and help to protect the environment.



Drinks

Instead of giving your child a carton or bottle of juice every day, try buying a large bottle that will provide a number of portions over a longer period of time. Decant only the amount that your child will drink into a reusable bottle or flask. The larger bottle will be cheaper than the corresponding number of small ones and there will be less waste by not giving your child more than they will want. Diluting juice generally works out cheapest.



Sandwiches and cakes

Instead of wrapping sandwiches and cakes etc in plastic wrap or foil, try using a washable plastic box. It will also help prevent the contents from getting squashed.



Yoghurts

Instead of buying your child small 'novelty' yoghurts that are very expensive, try buying a large pot of yoghurt that the whole family can share. Just decant the amount that you need into a smaller container. Doing this helps to reduce the amount of plastic waste, and also food waste as you will be giving your child what they will actually eat.

Some easy tips to try:



Crisps and biscuits

Again, it is cheaper and produces less waste packaging to buy a large packet of biscuits (not individually wrapped) or crisps and put what your child will eat into a reusable container.



Fruit

Little packets of fruit that are marketed at children are incredibly poor value. Try buying standard bags of dried fruit and putting some in a reusable container. You will be amazed how far these bags go. Alternatively, chopping up fruit yourself is far cheaper than buying pre-chopped packets of fruit. The packaging that comes with pre-prepared fruit is also excessive.



Other Items

Novelty foods such as packs of cheese and crackers, stringy cheese and dippers are expensive, heavily packaged and not necessarily the healthiest option for your child. Each of these foods can easily be recreated using ordinary cheddar, spreading cheese and crackers.

Taking even one or two of these tips on board can make a difference in both food and packaging waste, not to mention in your pocket!




For more information on reducing the amount of food that you waste visit www.wasteawarelovefood.org.uk



For information on how to reduce reuse and recycle packaging in Scotland visit www.positivepackage.org.uk

For more information please contact the Perth & Kinross Council
Customer Service Centre:

 01738 476476

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 www.pkc.gov.uk/recycling

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