

# Pack a waste-free lunch

#EVERYDAY!

## REUSE

**DO USE PERMANENT PACKAGING:**  
MAKE YOUR LUNCH WASTE-FREE BY USING REUSABLE ITEMS, FOR EXAMPLE:

- ✓ FLASKS AND REUSABLE BOTTLES FOR DRINKS
- ✓ LUNCH CONTAINERS/LUNCH BOXES
- ✓ CLOTH NAPKINS
- ✓ REUSABLE FORKS, SPOONS AND KNIVES

**DON'T USE ITEMS THAT TURN INTO WASTE:**

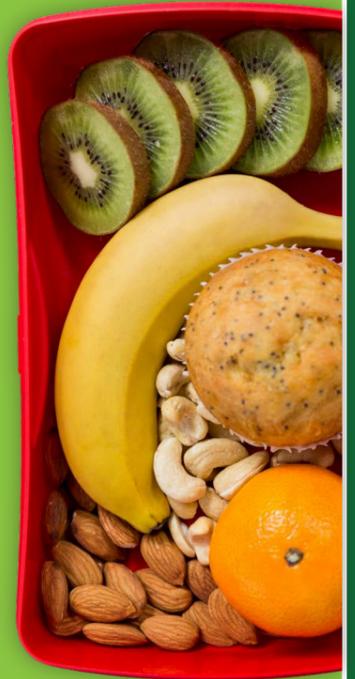
- ✗ FOIL
- ✗ DRINKING POUCHES AND ONCE-OFF BOTTLES
- ✗ PAPER BAGS
- ✗ THROW-AWAY NAPKINS
- ✗ STYROFOAM CONTAINERS
- ✗ PLASTIC SANDWICH BAGS AND WRAPPERS
- ✗ PLASTIC SHOPPING BAGS AND UTENSILS



## REDUCE

**TOO MUCH PACKAGING:** BUY YOUR FOOD IN BULK PACKETS AND REPACK INTO SMALLER LUNCH CONTAINERS FOR SCHOOL. IT'S CHEAPER AND GOES FURTHER. IF YOU USE SINGLE-USE PACKAGING THAT IS ALREADY PRE-PACKED INTO SNACK PORTIONS, YOU CREATE MORE WASTE WHICH ENDS UP IN THE LANDFILL. SINGLE SERVING SNACKS USE MORE FOIL, PLASTIC, CARDBOARD AND OTHER WASTEFUL WRAPPERS.

**DON'T GET CAUGHT IN THE TRAP!**



**LET NATURE WRAP YOUR FOOD FOR YOU:**

BANANAS, ORANGES, APPLES AND HARD-BOILED EGGS HAVE THEIR OWN NATURAL CONVENIENT PACKAGING THAT IS BIODEGRADABLE AND DOESN'T END UP IN THE LANDFILL.



## RECYCLE

**IF YOU DO HAVE NON-REUSABLE ITEMS IN YOUR LUNCH BOX, REMEMBER TO RECYCLE:**

- ♻️ PLASTIC CONTAINERS
- ♻️ JUICE BOXES/CARTONS
- ♻️ CARDBOARD
- ♻️ COOLDRINK CANS



**REMEMBER:** Recycling reduces the amount of waste that ends up in the landfill so it's a great way to decrease the amount of pollution you create.

## Are you making a difference?

Section 24 of the South African Constitution states:

"Everyone has the right to an environment that is not harmful to their health or well-being."

## COMPOST

**EAT WHAT YOU PACK AND DON'T WASTE FOOD:**

ONLY PACK AS MUCH LUNCH AS YOU WILL EAT AND WHAT YOU CAN REALISTICALLY FINISH. DON'T WASTE FOOD. IF YOU HAVE LEFTOVERS, PLACE THEM IN A COMPOST BIN OR BACKYARD COMPOSTER TO PRODUCE HEALTHY SOIL TO GROW MORE SUSTAINABLE PRODUCTS.

