

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.

