How Do You Have a Rubbish Free Lunch?

Think carefully before packing lunch. How can you make sure you only have things that can be eaten, composted or recycled in your lunch?

The first thing to think about is - how do you transport your lunch? If a plastic bag is the answer, you will need to think of alternatives. Lunch boxes, hard plastic containers, or reusable cloth bags are a great idea.

Do you have a drink for lunch? Re-use your drink bottle a few times before you recycle it.

Many types of un-processed fruit and vegetables require no special packaging, unlike processed fruit alternatives such as "roll-up" type snacks. Have a few pieces in your lunch, then the only scraps they may leave can be composted.

If you're a sandwich person, then you know you don't want a sandwich that is squashed or one where the bread has gone all dry. Most people tend to use glad wrap - however there are now wonderful reusable plastic containers around that are a perfect sandwich size and hold it together just right! Another piece of waste you won't create!!!!

Yogurt tends to be a little tricky. If you look at the base of most yogurt containers, you will notice they are made of a type of plastic that is not currently recyclable (often type 6). However, you can purchase larger rubs of yogurt in type 2 plastic containers (that are recyclable). This is great - as you're buying in bulk too - so less waste again! Then you need a small plastic container that you can take a portion of the yogurt in. It's great to see a particular brand of yogurt has taken on the challenge of producing single serves of yogurt in recyclable type 2 plastic! Keep your eyes peeled for them!

Small packets of chips and lollies are not just wasteful - most often, they cost more money! Why? Because you are paying for all that added packaging - for all that added waste! Who wants to buy waste? Instead, purchase the larger packages (without all the small packets inside), and again, with a small plastic container, just take a handful in your lunch each day. Often this means that you'll get more each time too!