

Move Well Eat Well

How to pack a rubbish-free lunch



LIMIT
OCCASIONAL
FOODS

Focus on fresh 'everyday' foods

- many types of fruit and vegetables don't need packaging and the scraps can then be added to the compost



Avoid single serve packaged items

- reduce waste and save money by buying in larger quantities



Use reusable containers

- don't forget to name them!!

Get your kids involved

- this can save you time and children enjoy taking responsibility



For more rubbish-free lunchbox ideas visit:
www.movewelleatwell.tas.gov.au/families

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