

Zero Waste Lunch

PRACTICAL GUIDE

The overall purpose of Zero Waste Lunch is to drastically reduce the amount of both food and packaging waste either landfilled or incinerated. As it is difficult to completely avoid producing anything that gets sent to landfill or incineration, the aim of the Zero Waste Lunch should be to **reduce** this quantity as much as possible.¹

Before the Lunch

- ✓ **Avoid unnecessary shopping** for your lunch. Check your storing places and your fridge to see if you already have some food or leftovers that are suitable for including them in your lunch.



Photo Credit: Lynn Gardner via Flickr

- ✓ **Buying in bulk** avoids the generation of unnecessary packaging waste. You can always separate the products in individual servings later on and store them separately in reusable containers.



Photo Credit: Midnight Maniac

¹ Other understandings of zero waste exist, but for the EWWR the above-mentioned description will be applied.

Use reusable bags, lunch boxes, thermos, metal silverware and cloth napkins

During the Lunch

Use a **reusable bag** for transportation. Choose **reusable plastic containers** such as lunch boxes to avoid plastic wrap and aluminium foil. In addition, you can also use reusable ice packs that will keep the perishables cool enough to keep them fresh.

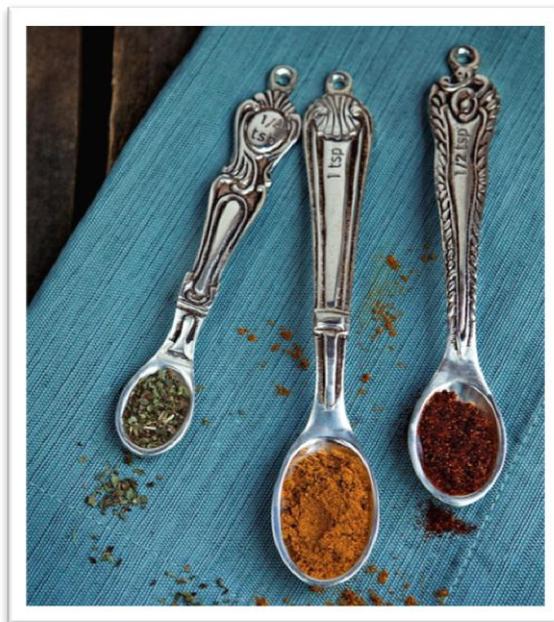


Photo Credit: Helena Peixoto via Flickr

If you need to carry liquids, **thermos** and **reusable jugs** are a great alternative to conventional plastic bottles.

Use **metal silverware** rather than disposable plastic utensils. If you already have plastic cutlery then wash and reuse them; avoid throwing them away. Paper napkins are a one-use item that contributes to the rise the amount of paper wasted.

Cloth napkins can be easily washed and are completely reusable.

After the lunch

Keep all leftovers, store them properly and use them in future meals.

Food parts not suitable for consumption such as the core of the apples can always become **compost**.

Some **food peelings** can easily be converted into **snacks**, such as potato skins: Scrub and dry them, toss them in Italian salad dressing and put them for around 20min in the oven, until crisp and golden.



Photo Credit: Bakeryandsnacks.com

Main sources: Green School Alliance (www.greenschoolsalliance.org/minimal-packaging-packing-zero-waste-lunch) and CalRecycle (www.calrecycle.ca.gov/reducewaste/schools/food/ZeroWaste.htm)