

The best school lunch

With the school year just beginning, it's the perfect time to consider how to pack a healthy lunch box that ticks all the right boxes; nutritious, waste free and environmentally friendly.

Australia is the second highest producer of waste per person in the western world! Unfortunately school lunches are contributing to this, with the average lunch-toting child generating around 30 kg of litter a year.



You can do your bit to reduce this by packing a school lunch without including any packaging, juice packs, plastic bottles or glad wrap. There are plenty of alternatives out there; fabulous lunch boxes with separate compartments to pop all your different lunch bits into, containers with dividers for separate snacks, reusable sandwich and snack wrap. These are all so practical, with a gorgeous array of designs and means you can say good bye to glad wrap and packaging forever, making every day a rubbish-free day!

proof of global warming



For more tips and ideas on living more sustainably, please visit Council's Sustainable Living Guide <http://sustainableliving.southgippsland.vic.gov.au>