



# Food Waste



The best way to tackle food waste, is not to create it

The average school lunch creates over 30kg of waste in a school year. Waste comes from uneaten food and food packaging. Multiply this by an average school size and it is thought that collectively a whole school could have 8,600kg of waste just from school lunches in a school year - that's the weight of 4 and a half mini vans!

What can you do to decrease school lunch waste?

**Reduce:** Use reusable containers and utensils from home. These can be washed and reused daily. Glass, stainless steel, bamboo, cloth and wax are great alternatives to throw away plastics. \*Foods such as apples, oranges and bananas have a protective peel and are an excellent way to reduce waste by not using plastic.

**Reuse:** Choose foods that are liked and pack in small portions so that there is less chance of uneaten foods. If foods cannot be eaten at school, take them home for an after-school snack.

**Recycle:** If disposable plastics cannot be avoided, recycle so they do not end up in a landfill. \*Ensure disposable items such as water bottles, yogurt containers and baggies end up in the school recycling containers.



What are the types of food waste?

There are two types of waste:  
Biodegradable and Non-biodegradable

**Biodegradable** waste is waste that will be broken down into compost when left under soil within a short period of time, such as, food, food peels and waste paper. It can be recycled naturally and does not add to pollution.

**Non-Biodegradable** waste is the waste that cannot be broken down into simpler forms naturally, such as plastics bags, plastics bottles and metal caps. The non-biodegradable waste remains in the soil for hundreds or thousands of years polluting soil, harming our environment.

Mark your calendar  
Food Waste Day is April 24 2024!