

HOLD A WASTE-FREE LUNCH CHALLENGE

The purpose of the Waste-Free Lunch Challenge is to help students and their parents understand the benefits of a waste-free lunch and to be more aware of over-packaging in food.

STEPS TO SUCCESS

1. Work out the scale of your Waste-Free Lunch



Will the entire school participate or just your class?



How long will you take the challenge?

It could be a week, a month, or the entire term.



Can the school canteen get involved to provide waste-free lunches to children who may not be able to bring one from home?

SENSITIVITIES

Children with special dietary or religious needs may also need to continue bringing pre-packaged food items in their lunch.

Plan ahead for how you can ensure that other children will understand if a classmate's lunch is not waste-free.

2. Conduct a waste audit

Before starting the Waste-Free Lunch Challenge, you may want to conduct a **Waste Audit**. This will give you information about the type and quantity of waste generated in your school before undertaking the Challenge.

Be sure to share results in a public place and use photos so students have a visual comparison of their progress.

3. Assess the composting and recycling systems at your school

These are important elements for helping students achieve a waste-free lunch at school.

For information on how to set up compost/worm farming and/or a recycling system at your school, check out:

COSTA'S GUIDE TO COMPOSTING & WORM-FARMING FOR SCHOOLS

HOW TO SET UP A RECYCLING SYSTEM - GUIDE

**VISIT THE RECYCLING NEAR YOU
TO FIND EXTRA RECYCLING SERVICES IN YOUR AREA**

4. Introduce the Waste-Free Lunch Challenge

To staff and students

- If the whole school is involved in the Waste-Free Lunch Challenge, **holding a presentation during school assembly** is a great way to introduce the Waste-Free Lunch Challenge
- The **activities, posters, and resources** available on the [Schools Recycle Right](#) webpage and the [Waste-Free Lunch Hub](#) are a great way to reinforce change.
- The poster included at the end of this document can be used for promotion around the school.

To parents and guardians

- Use our **Letter to Parent's template** to explain the Waste-Free Lunch Challenge to parents and guardians.
- **'Tips for Waste-Free Lunches'** and other parent resources are available on the [Waste-Free Lunch Hub](#).
- For homework, ask your students to **show their Activity Sheets** to their parents or guardians and to explain what they have learned in class.
- It's a good idea to **provide a contact person for parents** to ring if they are unsure about the Waste-Free Lunch Challenge.

5. Reinforce change

- **Congratulate your students on successfully completing the Waste-Free Lunch Challenge.**
- If you've kept an **audit or chart** of lunchtime waste before and during the Challenge, they'll be able to see the tangible result of their efforts.
- Giving **each child a certificate** is another positive reinforcement – an adaptable template is provided at the end of this guide.
- Once your class or school has gone waste-free for a day or a week, it's even easier to **do it again!**
- Reinforcing these practices from the Waste-Free Lunch Challenge ensure children (and parents) are more likely to adopt them as a habit.

SHARE YOUR SUCCESS

If school policy allows, take photos during the Waste-Free Lunch Challenge for a story in the next school newsletter or for the classroom wall. If you share to socials, don't forget to tag us [@planetark!](#)



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#JoinTheCycle

#SchoolsRecycleRight

#NationalRecyclingWeek



WE ARE TAKING PART IN

THE WASTE-FREE LUNCH

CHALLENGE



All students and staff are encouraged to bring waste-free lunches to school.

REUSE



Reusable food containers



Reusable cutlery



Refillable drink bottles



Cloth napkins



Compost your food scraps

TAKE HOME TO RECYCLE



Plastic containers



Aluminium cans



Paper



Glass (teachers only)