

# WASTE-FREE TIPS AND RECIPES FOR PARENTS AND GUARDIANS

Waste-free lunches contain only items that are **eaten, composted, reused or recycled**. They don't contain wrappers or packaging that will be thrown in the rubbish bin.

## EXAMPLES OF LUNCH ITEMS WITH WASTE



Sandwich in disposable cling-wrap or plastic sandwich bag



Juice or yoghurt in a squeeze pouch, with plastic straw



Individually wrapped or pre-packaged foods



Disposable cutlery



Paper serviette

## EXAMPLE OF ITEMS IN A WASTE-FREE LUNCH



Sandwiches and snacks in a snug-fitting reusable container



Drink in a reusable and resealable bottle.



Whole fruits or fruit pieces and raw/salad vegetables (eg. carrots, celery, cucumber) in reusable containers



Durable cutlery that is designed to be washed and reused



Washable cloth napkin

## REUSABLE CONTAINERS

Using reusable containers is the cornerstone of a waste-free lunch.

Reusable containers are durable and will save you money in the longer term and they will help to reduce waste and keep food fresh!

## BUYING IN BULK

Buying items such as juice, yoghurt, crackers, biscuits and cheese in bulk quantities or containers will probably save you money as well as reduce waste.

Storing them in reusable containers also helps teach kids about portion control.

## RECYCLABLE PACKAGING

We understand that some children's lunches may need to contain packaged food items for dietary, religious or other reasons.

You can still be involved in a waste-free lunch by checking which items can be recycled at home, by visiting [RecyclingNearYou.com.au](https://www.RecyclingNearYou.com.au)

## WASTE-FREE RECIPE

# DAIRY-FREE RASPBERRY MUFFINS

These raspberry muffins are a great dairy-free option for the kids. They're ideal for after school or to pop in the lunch box.



## INGREDIENTS

- ✦ 1 1/2 cups (240g) wholemeal self-raising flour
- ✦ 1 cup (120g) almond flour\*
- ✦ 1/3 cup (60g) coconut sugar
- ✦ 1/3 cup (75g) raw sugar
- ✦ 250g fresh or frozen raspberries
- ✦ 1 egg
- ✦ 1/2 cup (125ml) canola oil, sunflower oil or vegetable oil
- ✦ 3/4 cup (185ml) dairy-free coconut and almond milk\*

\*Make this recipe nut-free by using coconut/oat flour instead of almond flour, and by using coconut/soy/oat milk instead of coconut and almond milk.

## DIETARY INFORMATION

Dairy-free, lactose free, peanut-free, sesame-free, soy-free, vegetarian.

## METHOD

### STEP 1

Preheat oven to 180°C. Line twelve 1/3-cup (80ml) muffin pan holes with paper cases. Combine the wholemeal flour, almond flour, combined sugar and raspberries in a large bowl.

### STEP 2

Whisk the egg, oil and milk in a jug. Add the egg mixture to the flour mixture and gently fold until just combined (don't overmix). Divide mixture evenly among paper cases.

### STEP 3

Bake for 25 mins or until a skewer inserted in the centres comes out clean. Transfer the muffins to a wire rack to cool completely.

Make sure you check the ARL to know how to dispose of the packaging from your ingredients.



For any organic scraps, you can dispose of them in your Food Organics bin if your council provides one, or your home compost bin.





## WASTE-FREE RECIPE

# ZUCCHINI, CORN & HALOUMI FRITTERS

Looking to up the kids' veggie intake? Try these zucchini, corn and haloumi fritters. They're so delicious the kids will be asking for more.



## INGREDIENTS

- ✦ 2 small zucchini
- ✦ 1 cup (150g) plain flour
- ✦ 1/2 cup (75g) self-raising flour
- ✦ 1/2 cup (125ml) milk
- ✦ 2 eggs, lightly whisked
- ✦ 1 cup (160g) frozen corn kernels, thawed, drained
- ✦ 125g haloumi, coarsely grated
- ✦ 1/2 cup (60g) grated tasty cheddar
- ✦ 2 tbs finely chopped chives
- ✦ 1/4 cup (60ml) vegetable oil

Make sure you check the ARL to know how to dispose of the packaging from your ingredients.



For any organic scraps, you can dispose of them in your Food Organics bin if your council provides one, or your home compost bin.



## METHOD

### STEP 1

Coarsely grate the zucchini. Place in a sieve over a bowl. Set aside for 5 mins to drain.

### STEP 2

Meanwhile, sift combined flour into a large bowl. Make a well in the centre. Whisk milk and eggs in a jug. Add egg mixture to flour. Whisk until smooth. Use your hands to squeeze excess moisture from zucchini. Discard liquid. Add zucchini, corn, haloumi, cheddar and chives to the bowl. Stir to combine.

### STEP 3

Heat 1 tbs of the oil in a large frying pan over medium heat. Pour four 1/4-cup (60ml) portions of the zucchini mixture around the pan, allowing room for spreading. Cook for 3 mins each side or until golden and cooked through. Transfer to a plate lined with paper towel. Repeat with the remaining oil and zucchini mixture. Serve warm or cold.

**Store it:** Keep fritters in a container in the fridge for up to 3 days. Wrap individually and place in lunch boxes with an ice brick.

### DIETARY INFORMATION

Nut-free, peanut-free, sesame-free, soy-free, vegetarian.



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WASTE-FREE RECIPE

# NO-BAKE CHIA MUESLI BARS

Get the kids involved in whipping up their school snacks. These crunchy chia muesli bars are easy-as - you don't even need an oven!



## INGREDIENTS

- ✦ 1 1/2 cups (135g) rolled oats
- ✦ 1/2 cup (100g) pepitas (pumpkin seeds)
- ✦ 1/2 cup (65g) dried cranberries
- ✦ 1/4 cup (35g) sunflower seeds
- ✦ 2 tbs chia seeds
- ✦ 1/3 cup (80ml) honey
- ✦ 1/3 cup (80g) coconut oil
- ✦ 1 tsp vanilla extract
- ✦ 1/4 cup (35g) white chocolate melts
- ✦ 1 tsp chia seeds, extra

Make sure you check the ARL to know how to dispose of the packaging from your ingredients.



For any organic scraps, you can dispose of them in your Food Organics bin if your council provides one, or your home compost bin.



## METHOD

### STEP 1

Grease an 18cm x 28cm slice pan and line the base and 2 long sides with baking paper, allowing the sides to overhang.

### STEP 2

Combine the oats, pepitas, cranberries, sunflower seeds and chia seeds in a heatproof bowl.

### STEP 3

Melt the honey and coconut oil in a small saucepan over medium heat for 3 mins or until combined. Bring to the boil. Cook for 2 mins or until light golden. Remove from heat. Stir in the vanilla.

### STEP 4

Pour the honey mixture over the oat mixture. Stir until well combined. Press into the prepared pan. Place in the fridge for 3 hours or until firm.

### STEP 5

Cut into pieces. Drizzle with chocolate. Sprinkle with extra chia seeds. Store in an airtight container in the fridge for up to 1 week.

## DIETARY INFORMATION

Egg-free, nut-free, yeast-free, sesame-free.



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