



Saltford
CofE Primary School

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Dear Parents

During Our World Matters week we would like to hold a Waste-Free Lunch Challenge.

We would love it if your child's lunch contains as few items as possible that must be thrown away. Ideally, your child's lunch will only contain items that will be eaten, composted or recycled. Examples of how to pack waste-free lunch items are provided in the attached guide. Reusable containers are a handy way to pack a waste-free lunch. They also make it easy to buy food and drink in bulk (instead of in single-servings) which can save money over time.

The Waste-Free Lunch Challenge is one of our sustainability education initiatives this week. By participating, we hope that the children will have a better understanding of how we can take action to reduce our waste. Waste-free lunches also save money and promote healthy eating.

If you have any questions, comments or concerns about the Waste-Free Lunch Challenge, please don't hesitate to speak to Mr Jenkins or Mrs Newark.

Thank you for supporting your child's participation in Saltford School's Waste-Free Lunch Challenge.

Yours sincerely,

Mrs M Newark and Mr R Jenkins

Tips for Waste-Free Lunches

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

Example of lunch items with waste

- Sandwich in disposable cling wrap or plastic sandwich bag
- Chips or pretzels in a plastic/foil packet
- Juice in a squeeze pouch, with a plastic straw
- Yoghurt in squeeze pouches or plastic 'shot' bottles
- Individually-wrapped muesli bars
- Pre-packaged fruit salad in a small plastic tub or tin
- Pre-packaged 'snack pack' of crackers and cheese spread
- Individually-wrapped confectionary bars or cakes
- Individually-wrapped cheese sticks / strings
- Disposable cutlery
- Paper serviette

Example of items in a waste-free lunch

- Sandwich in a snug-fitting reusable container
- Snacks in a reusable container
- Water, juice or other drinks in a reusable and resealable bottle, filled at home from a bulk container
- Yoghurt in a small reusable container, filled at home from a bulk container
- 'Trail mix' in a reusable container
- Whole fruits without packaging or fruit pieces in reusable containers
- Raw or salad vegetables such as carrot, lettuce, tomato, cucumber and celery, plus a small container of dip.
- Muffin, fruit bread or biscuits in a reusable container
- Cubes/slices of cheese in a reusable container
- 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! Suitably sized containers will keep sandwiches intact and make little treats easy to pack. Although reusable containers may have a higher upfront cost than a roll of plastic wrap, they are durable, they will save you money in the longer term and they will help to reduce waste.

Buying in bulk – Buying items such as juice, yoghurt, crackers, biscuits and cheese in bulk quantities or containers, rather than in individual servings, will probably save you money as well as reduce waste. It also allows your child to drink or eat only as much as they want at one time, and then they can reseal the container.

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

Packing a bottle of frozen drink with the lunch will give your child a cold drink and also keep the lunch cool.

Lastly, join the Waste-Free Lunch Challenge! Seeing you go waste-free for lunch at the same time is the best possible motivation for your child.