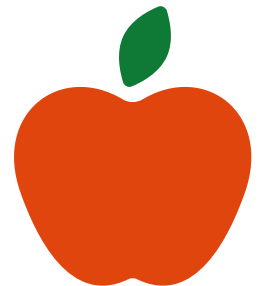




**SIMPLE WAYS TO
FIGHT
FOOD
WASTE
AT SCHOOL**



ABOUT THIS RESOURCE



PURPOSE

— This toolkit was created for teachers looking for simple ways to reduce food waste in their classrooms and playgrounds. It is designed to complement OzHarvest's FEAST program and provide resources for classroom activities suitable for a variety of year levels.

ABOUT FEAST

— FEAST is a curriculum-aligned education program for Years 5 and 6, designed to inspire kids to eat healthy food, waste less and become change-makers in their community.

To find out more about FEAST email feast@ozharvest.org or visit ozharvest.org/feast

ACKNOWLEDGEMENTS

— OzHarvest would like to sincerely thank all of the teachers who so generously offered their time, feedback and shared their experiences to help inform the production of this toolkit.

USAGE

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WHY WE NEED TO FIGHT FOOD WASTE



1/3

— One third of all food produced is wasted¹

1 IN 9

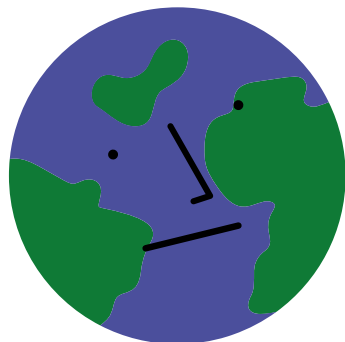
— 1 in 9 people do not have enough to eat¹

10%

— Up to 10% of global greenhouse gas emissions are due to wasting food. That's a huge contributor to climate change (even worse than flying!)¹

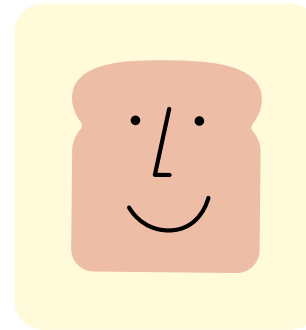
\$36.6B

— In Australia we waste 7.6 million tonnes of food every year, costing over \$36.6 billion dollars¹

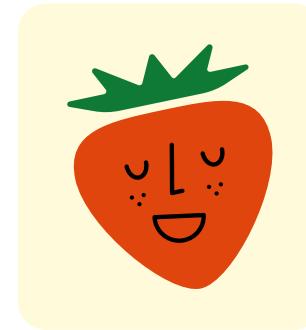


For more food waste facts go to ozharvest.org

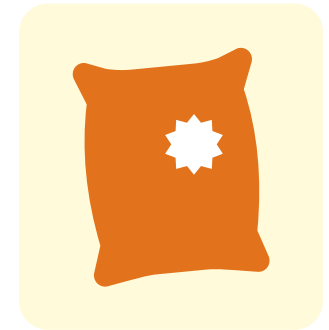
— It is estimated that each year Australian students throw away:²



5 million uneaten sandwiches



3 million pieces of whole fruit



3 million items of packaged foods

THE GOOD NEWS!

— Reducing food waste is the most powerful way you can take climate action³

— It's about getting into good habits and making sure food goes in bellies not bins!

— As 2.5 million tonnes of food waste comes from our homes, we are all part of the solution.¹










1. Food Waste Facts and Hunger Facts | OzHarvest Sustainability – 2. M. Boulet, B. Wright, C. Williams & M. Rickinson (2019) Return to sender: a behavioural approach to reducing food waste in schools, Australasian Journal of Environmental Management, 26:4, 328-346, DOI: 10.1080/14486563.2019.1672587 – 3. P. Hawken, C. Frischmann, K. Bayuk, M. Mehra, J. Gouveia, K. Zame, M. Kenneth & s. K. Mukkavilli (2017) Drawdown: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming.

GETTING STARTED

This toolkit provides a range of classroom activities and ideas to get the whole school on board, by educating and inspiring teachers and students to reduce food waste at school.

ICONS SHOW WHERE THE ACTIVITIES ALIGN TO THE AUSTRALIAN CURRICULUM

— Before you get started, review all the activities to determine which is the best starting point for your school. You might decide to start with a few simple classroom activities to get students inspired, before getting the whole school involved. Choose whatever works best for your school community. There is no right or wrong approach and you can implement them in any order.

-  Literacy
-  Numeracy
-  Personal and Social Capability
-  Ethical Understanding
-  Intercultural Understanding
-  Sustainability
-  Health and Physical Education
-  Geography
-  Science



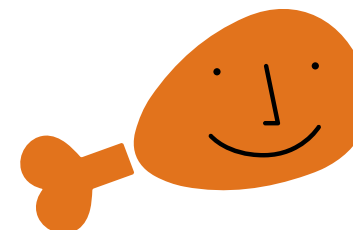
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BE PART OF THE SOLUTION



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FRUIT CUTTING STATIONS



Curriculum links



Difficulty level



Approx. cost per classroom



Total prep & running time

=



Prep time

+



Running time

INSIGHT

“Two bites are taken from an apple which I think is sometimes because the fruit is too big.”

Helen Peacock, Tempe Public School

INTRO

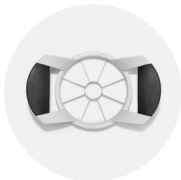
Teachers reported fruit to be the number one food they see most commonly wasted at school, with half eaten fruit a regular feature in the playground. A fruit cutting station to allow students to cut and slice their own fruit can help tackle this problem in a fun and interactive way!

EQUIPMENT



Apple slinky machine

or



Apple slicer

or



Kid-friendly knives suitable for ages 8+



Chopping boards

METHOD

1. Create a roster for daily fruit cutters and clean up team. Get the whole class involved in eating fresh fruit and actively preventing food waste.
2. Set up the rules – when the fruit cutting station will be open and closed, who is in charge of cleaning up and who will be supervising the stations.
3. Make sure you demonstrate the safe and correct use of all kitchen tools to your class before starting this activity.



LUNCHBOX LOVE LETTERS



Curriculum links



Difficulty level



Approx. cost per classroom



Total prep & running time

=



Prep time

+



Running time

INTRO

The lunchbox is the home of food waste, as children often change their mind about what food they like without telling anyone! Lunchbox Love Letters are a fun way to start the conversation and help reduce lunchbox food waste. After lunch, students write a short note about the food they like (or don't like) and place it back in their lunchbox.

EQUIPMENT



A4 paper or card to print Lunchbox Love Letters template



Scissors to cut each individual template

INSIGHT

“One child was given an apple each day by his parents but would throw it into a bush behind a building. A huge mound of over 40 apples was found before he changed his habits!”

Tim Bellamy, Petersham Public School

METHOD

1. Print and cut the lunchbox love letter template for each student in your class (four per A4 sheet).
2. When students return from lunch, ask them to fill in their lunchbox love letter and place it into their lunchbox once complete.

Reuse

To reuse your love letter template or design – laminate the card before students fill it in, then use pens that can be wiped off.

DIY design

If you have more time, get students to design their own lunchbox love letter instead of using the template provided.

Sophie's

LUNCHBOX LOVE LETTER

WHAT SNACKS DO YOU LOVE?

Dear dad

Thank you for my delicious lunch!

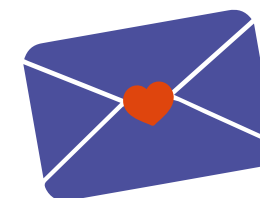
My favourite food today was the ham sandwich

I didn't eat the banana because:

I was full I ran out of time to eat it
 I don't like it I didn't feel like eating it
 I couldn't open it



➡ See Appendix 1 for Lunchbox Love Letters template.



MAKE YOUR OWN LUNCH CHALLENGE



Curriculum links



Difficulty level



Approx. cost per classroom



Total prep & running time

=



Prep time

+



Running time

INTRO

Challenge students to make their own lunch every day for a week, you can add in a vote for the tastiest looking lunch, inspiring ideas for the next day. Parents will need to be engaged ahead of time, so we've included some ideas to share in your newsletter or school-home communication platform.

TIMING BREAKDOWN

Planning

30 mins for amending newsletter template and sending to parents.

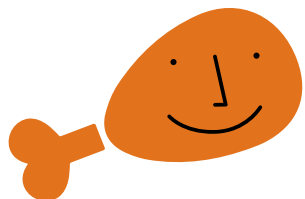
10 mins for sharing challenge results on your school's social media.

Class/lunch time

15 mins for a student discussion prior to launch.

25 mins to hold a competition including voting.

10 mins for students to reflect on the challenge.



INSPIRE HEALTHY ZERO WASTE RECIPES

INSIGHT

Research suggests that when students are involved in choosing or making their own lunch for school, they are more likely to eat it!³

METHOD

1. A few weeks prior to launch, discuss the 'Make Your Own Lunch' challenge with your class:
 - What makes a healthy lunchbox?
 - What should they include to meet their daily nutritional needs?
 2. Show students different examples of healthy lunches to inspire ideas:
 - For younger children, include easy foods that do not need preparation such as; cherry tomatoes, baby cucumbers, sultanas, and crackers with cubes of cheese.
 - Older students can take a more hands-on approach researching and selecting recipes they may like to make with adult supervision.
 3. Use the template to announce the class challenge to parents and carers. Or alternatively, make it a homework task.
 4. At the end of the week discuss how students found making their own lunch.
 - Did they eat more food in their lunchbox as a result?
 - Did they discover some new healthy lunchbox recipes they can make in the future?
- See Appendix 2 for Make Your Own Lunch Newsletter template.

3. Grant, W. & Boulet, M. Lunchbox Leftovers: Piloting an innovative project to reduce food waste in schools. MidWaste Regional Waste Group & Behaviour Works Australia, October 2020.

WASTE AUDIT

METHOD A / FOR YEARS 3-6



Curriculum links



Difficulty level



Approx. cost (for gloves and tongs)



Total prep & running time

=



Prep time

+



Running time

INTRO

A waste audit is a great way to see and understand the different types of waste created in your school. It's a fun, scientific process and the information gathered will help you focus your campaign to reduce waste!

EQUIPMENT



Scales



Tongs, x10 or more



Gloves, 1 per student



Large measuring jug, for liquid



Newspaper or garbage bags



Large tarpaulin



Marker



A4 Paper

BEFORE YOU BEGIN

1. Choose an area. Decide where in your school is a good spot to conduct the audit. This should be a location where you will find most rubbish or near the bins.
2. Choose what time of day. Decide when you are going to complete the audit. The recommended time is the last session of the day – after all eating times are finished. If this isn't suitable, save the waste until next day and conduct audit first thing in the morning.
3. Choose how much. Decide how much waste you will audit.

Quick guide:

1 bin = quick sample

10 bins = good sample

whole school = very strong sample

4. Choose waste types. Decide which types of waste you will audit. There are many different types of waste streams. They can be broken down into 6 streams:

1. Food that could have been eaten
2. Food scraps (such as banana peels and orange skins)
3. Recycling (such as drink containers, coffee lids, aluminum foil etc)
4. Soft plastics (cling film, snack wrappers, chip packets etc).
5. Paper and cardboard
6. Landfill waste (straws, coffee cups, tissues etc).

5. Decide how you will measure the waste. Most waste is better measured by weight, but it can be interesting to count some items such as number of snack packets or half eaten apples.

- ➔ This activity continues on the next page.



DISCOVER
HOW MUCH
YOUR SCHOOL
IS WASTING

WASTE AUDIT

METHOD A / FOR YEARS 3-6 (CONTINUED)



METHOD

1. Supply students with gloves and tongs.
2. Mark out the sorting area by spreading out the tarpaulin on the floor.
3. Using the marker and paper, on a separate page for each, write which waste streams you will be focusing on. Place the signs at different ends of sorting area.
4. Collect the garbage bin(s) and bring them to the sorting area.
5. Allocate groups of students to a waste stream.
6. Empty one bin at a time onto tarpaulin.
7. Sort the waste into different streams and place in correct station.
8. Use the scales to measure each waste stream (volume, kg or count as appropriate).
9. Fill in the Waste Audit template. Students can be given roles such as sorter, measurer, messenger, record keeper.

WASTE AUDIT RECORD					
WASTE CATEGORY 1	WASTE CATEGORY 2	WASTE CATEGORY 3	WASTE CATEGORY 4	WASTE CATEGORY 5	WASTE CATEGORY 6
Food that could have been eaten Whole or partly eaten Fruit, sandwiches etc.	Food that could not have been eaten Apple cores, banana peels etc.	Leftover drinks Beverage in jug	Soft plastics Straw, food sandwich wrap etc.	Recyclables Paper, drink containers, aluminium foil	Waste to landfill Anything else
TALLY					
TOTAL					

➡ See Appendix 3 for Waste Audit template.

10. When you've finished, pack up and be sure to put the waste into the correct bin.
11. Wash hands.
12. Final activity: Look at what the main rubbish types are. What are the main items and where are they coming from? For example, if it's food waste what can be done? Are snack packets an issue – if so, what can be done?

START KICKING GOALS!

➡ Once you have your waste baseline, you can create real change in your school to reduce waste!

➡ Based on what you discover from the audit, set a goal for your school – for example 'Our school will reduce food waste in all bins by 50% within the next six months'.

➡ Make a plan for how you are going to achieve this and present your findings to your principal and rest of school – get everyone on board! This is also a great way for the students to practice their presentation skills!

➡ Make sure you plan regular checks on whether you are meeting that goal.



WASTE AUDIT

METHOD B / FOR YEARS K-2



Curriculum links



Difficulty level



Approx. cost per classroom



Total prep & running time

=



Prep time

+



Running time

INTRO

A quick and simple food waste audit for lower primary classes to see how much food actually gets wasted every day.

EQUIPMENT



Scales



Newspaper or large bowl



Gloves, for teacher



Tongs

METHOD

1. Create a location in the classroom for students to place uneaten or partially eaten food from their lunch bags. This exercise is best done after lunch or at the end of recess / fruit break.
2. Group the food into piles. For example apples, half eaten sandwiches etc.
3. Weigh the amount of food wasted.
4. Looking at the different piles, as a class discuss what could be done with this fruit or food instead of wasting it?

Some suggestions include:

- Make delicious new meal such as muffins, banana bread or pancakes.
- Children to talk to parents or carers about what they waste so they can pack lunch differently.
- Could it be eaten after school or another time?

START KICKING GOALS!

- Conduct the waste audit throughout the year to ensure students remain engaged.
- Set a target for your class – for example 'Our class will reduce food waste by 25% by next month'.
- Make a plan to engage other classes and the broader school.

SET A TARGET FOR YOUR CLASS



WASTE WARRIOR AWARDS



Curriculum links



Difficulty level



Approx. cost per classroom



Total prep & running time

=



Prep time

+



Running time

INTRO

Reward students and classes who are dedicated to fighting food waste. Showcase their ideas and achievements to the whole school to help get everyone on board!

EQUIPMENT



A4 paper or card to print Waste Warrior Award template

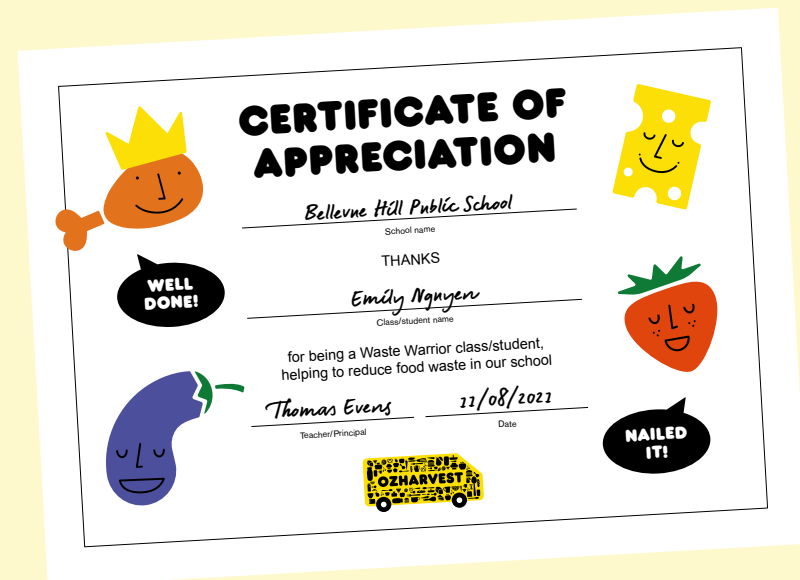
METHOD

1. Determine the criteria for students to receive an award, based on the changes you have decided to adopt to reduce food waste.
2. Decide how often and how many students will receive awards.

Ideas include:

- The best Waste Warrior class:
Who has reduced the most waste.
- The best Waste Warrior student:
Who has helped make the biggest impact or come up with the best ideas for reducing food waste.

➡ See Appendix 4 for the Waste Warrior Award template.



ZERO WASTE NEWSLETTER IDEAS



Curriculum links



Difficulty level



Approx. cost per classroom



Total prep & running time

=



Prep time

+

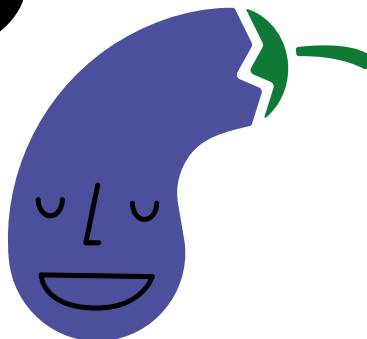


Running time

INTRO

As teachers, you know students perform better in class when they have full bellies but coming up with new lunchbox ideas is often daunting to parents. An easy way to address both is by providing recipe suggestions that students love to eat and can help reduce household waste by using up those commonly wasted foods.

SHARE RECIPE IDEAS



METHOD

1. Share the Zero Waste newsletter template with your school's parents and carers.
2. Get your class to design their own lunch box recipes using up food that might otherwise go to waste to feature in the newsletter.

Find inspiration on our FEAST at Home page [education. ozharvest.org/home-resources/](https://ozharvest.org/home-resources/)

▶ See Appendix 5 for Zero Waste Newsletter template.



Fast fritters



Crunchy noodle salad



Sandwich sushi



Wholemeal pita pizza

LUNCH BITES NEWSLETTER



Curriculum links



Difficulty level



Approx. cost per classroom



Total prep & running time

=



Prep time

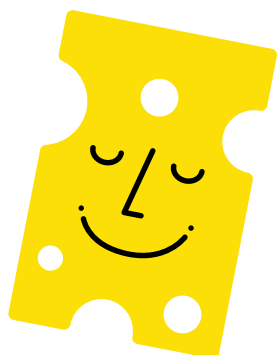
+



Running time

INTRO

Create a list of lunchbox foods that students enjoy the most. This will encourage parents and carers to provide items that are most likely eaten, as well as provide some recipe inspiration.



LUNCHBOX INSPIRATION FOR KIDS FROM KIDS!

METHOD

1. As a class, discuss what foods they most commonly eat from their lunchbox. Focus on healthy food, rather than treats/snacks they love to eat!

Questions could include:

- What is your favourite lunchbox food?
- What food is not suitable for a lunchbox – maybe too messy to eat, or too tricky to unpack?

TURN UP THE HEAT

- Choose a representative from each class to share their list and look for the most common answers amongst all classes, encouraging collaboration and critical thinking. Alternatively, this could be delivered by your school leaders or environment team.
- This discussion will form the list of most loved lunch bites to share with your school community in the form of a newsletter.
- If you are conducting a food waste audit, this is a great project to follow.
- Share the results of your class discussions in your school newsletter.



GET THE WHOLE SCHOOL ON BOARD!



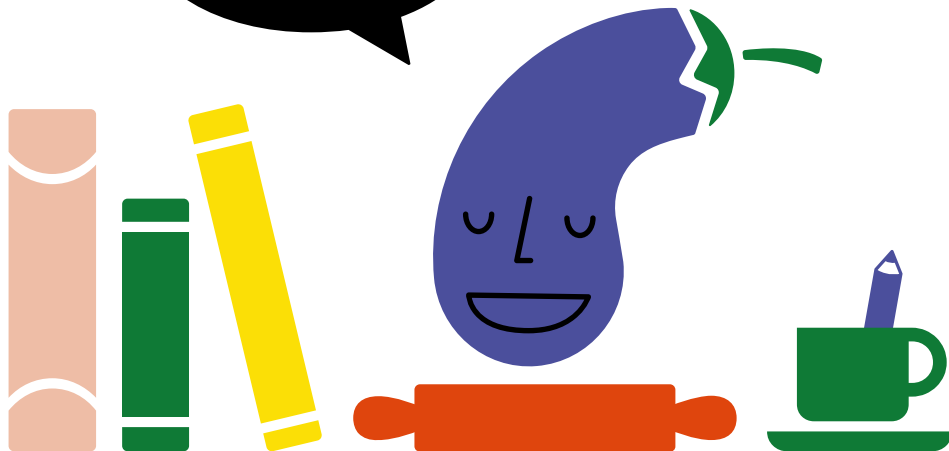
We know school is a busy place and starting a new initiative can be a bit daunting, but with the whole school on board, you can make an even bigger impact!

The best way is to start by getting the support of a few different groups, including:

PROJECT CHAMPIONS

- Having a small team of committed helpers is a really good idea, to help bounce ideas around, keep the motivation up and share the tasks. Is there a parent, another teacher, a senior student or even someone from the local community who is passionate about food or sustainability?
- Recruit a team of 2 or 3 people with a range of skills and contacts in the community to help fight food waste at your school!

**TEAM UP TO
MAKE AN EVEN
BIGGER IMPACT!**



FUNDING

— Most of activities in this toolkit are relatively inexpensive and can be delivered without budget, however if funding is required, here are three suggestions:

- 1. P&C:** If your school has an active parent & carer body, put together a proposal to ask the committee for funding to support the chosen activities.
- 2. Grants:** There are lots of grant opportunities for environmental or sustainability projects in schools. The application process will need a plan and some reporting so be ready to put in a few hours work for up to \$15,000. Try your State Department of Education, or Department of Environment, local council grants program or club grants.
- 3. Fundraiser:** You could try a gold coin donation fundraiser through the student leader team to raise funds for purchasing equipment. Fun ideas include “wear it yellow” for OzHarvest or mufti days, crazy-hair days, leftover lunch days, where children donate a gold coin to participate.

OZHARVEST FEAST PROGRAM & SCHOOL PRESENTATIONS

- Sign up your school for FEAST. FEAST is a Year 5 and 6 curriculum-aligned education program, inspiring kids to eat healthy, waste less and become change-makers in their local community.
- The FEAST program is supported by an accredited professional learning course. Schools also get access to cooking equipment, teaching and learning resources including detailed lesson plans, student worksheets, videos, recipes books, the FEAST practical cooking guide and ongoing support from the FEAST team.
- An OzHarvest community ambassador can deliver an engaging presentation at school or online to bring the food waste message to life.

Get in touch with us by email:
feast@ozharvest.org

GET THE WHOLE SCHOOL ON BOARD!



LOCAL COUNCIL & EDUCATION SUPPORT

— The OzHarvest Education team is happy to provide online or phone support if you're looking for a sounding board for ideas and tips.

Get in touch with us by email:
feast@ozharvest.org

Our FEAST website has more resources you can use in your classroom:
ozharvest.org/feast

- Join your local Sustainable Schools (NSW & WA) ResourceSmart schools (VIC) ACTsmart (ACT) AuSSI SA, network. Get in touch with local like-minded teachers and other resources in your local area and often accredited hours for Professional Learning.
- Contact your local council Environment / Waste / Sustainability team. They will be very happy to hear that you are working on a food waste strategy and may have some great ideas to assist.

- The Australia Education for Sustainability Alliance website has lots of links to local, state and national programs. sustainabilityinschools.edu.au
- Join the Australian Association of Environmental Educators. aaee.org.au



EXECUTIVE SUPPORT

- The cross curriculum priority of Sustainability and the general capabilities around ethical understanding, critical and creative thinking are all embedded in this toolkit. It's a great way to show your school's involvement in these important issues.
- We know that there is no time in schools for "add-ons" so instead, make it part of your scope and sequence. Look at how you can use food waste as a context for learning in Health and Physical Education, Geography, Technology or Science. You'll find a food waste audit is an excellent Maths exercise and creating some of the fight food waste materials include design work and persuasive writing.
- Fighting food waste is a fantastic opportunity to start lots of conversations around the school whether it be in Science, Geography, Food Technology, Maths or English. Depending on your school plan you may be looking for ways to make more community connections and food is a great way to welcome people into your school and start embedding sustainability.

STAFF & STUDENT INVOLVEMENT

- Make food waste your class focus by choosing an action based research activity or project based learning unit of work.
- Students learn more in a fun and interactive environment. Start by getting hands on with a food waste audit or the fruit cutting station.
- Does it fit in your school behaviour plan? If your school is running a positive behaviour for learning program, reducing food waste could be used to help students become respectful and responsible citizens.
- Do you need to get buy-in from parents and carers? One school organised an information evening with food as an incentive to get parents to attend. This informed their school community of the steps they were taking to fight food waste and showed them ways to continue the good work at home.

APPENDIX



1. LUNCHBOX LOVE LETTERS

Sophie's
LUNCHBOX LOVE LETTER

Dear dad

Thank you for my delicious lunch!

My favourite food today was the ham sandwich

I didn't eat the banana because:

I was full I ran out of time to eat it
 I don't like it I didn't feel like eating it
 I couldn't open it

WHAT SNACKS DO YOU LOVE?

2. MAKE YOUR OWN LUNCH NEWSLETTER

Dear Parents & Carers,

On [insert date] we will be running a week long challenge to show our school's commitment to reducing food waste and will be asking students to make their own lunch for a week!

This is a practical activity that encourages students to be creative in the kitchen and contribute to making their lunch.

Research suggests that children involved in choosing or making food for school are more likely to eat their lunchbox food at school and waste less, a win-win!

For younger children, this may include packing whole foods that do not need preparation such as; cherry tomatoes, baby cucumbers, sultanas, berries and crackers with cubes of cheese.

Older students can take a more hands-on approach researching and selecting recipes they may like to make with your supervision. Visit FEAST at Home¹ to view simple and easy to make lunchbox friendly recipes.

This simple online [lunchbox builder tool](#)² is a great tool to help students pack a lunch that meets their daily nutritional needs.

We encourage you to discuss this challenge at home in advance and maybe write a shopping list of any food required.

If you have any questions about the "make your own lunch student challenge", please get in touch [Insert school contact details or teacher email].

3. WASTE AUDIT

WASTE AUDIT RECORD

WASTE CATEGORY 1	WASTE CATEGORY 2	WASTE CATEGORY 3	WASTE CATEGORY 4	WASTE CATEGORY 5	WASTE CATEGORY 6
Food that could have been eaten Whole or partly eaten fruit, sandwiches etc.	Food that could not have been eaten Apple cores, banana peels etc.	Leftover drinks Measure in jug	Soft plastics Sticks and sandwich wrappers	Recyclables Paper, drink containers, aluminium foil	Waste to landfill Anything else
TALLY					
TOTAL					

HOW DO YOU DO?

WE DID SOME WASTE GOALS!

WASTE AUDIT ANALYSING YOUR DATA

1. FOOD THAT COULD HAVE BEEN EATEN

A1 Which items of food appeared to be most often wasted?

B1 Why do you think these foods were wasted?

C1 What could you do to stop the food from going to waste?

2. FOOD THAT COULD NOT HAVE BEEN EATEN

A2 Where could the food storage go, other than in the bin?

B2 Estimate this as a percentage/fraction of the total amount of waste you audited.

3. LEFTOVER DRINKS

A3 If an average drink costs \$1 per cup (250mL), what is the value of the wasted drinks?

B3 What else could you do with the leftover liquid?

4. SOFT PLASTICS AND FOOD WRAPPERS

A4 Can it map you can avoid leaving sticks or functions and in the container?

5. RECYCLABLES

A5 Which different materials are recycled at home? eg. plastics, metal, glass, paper.

B5 What is recycled at school?

C5 How can recycling be improved at your school?

6. WASTE TO LANDFILL

A6 What % of all the above is removed from the bin, what is left?

B6 Estimate this as a percentage/fraction of the total amount of waste you audited.

WASTE HIERARCHY: REDUCE / REUSE / RECYCLE

A7 Which types of waste could be avoided, reduced or not created at all?

B7 Which types of waste could be reused in the school, what for?
eg. STEM investigations, artwork, garden projects.

C7 Which waste types are recyclable?

D7 What are you going to do to prevent good food going to waste in your school?

4. WASTE WARRIOR AWARD

CERTIFICATE OF APPRECIATION

Belleme Hill Public School
School name

THANKS

Emily Nguyen
Classroom name

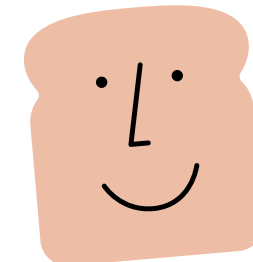
for being a Waste Warrior class/student, helping to reduce food waste in our school

Thomas Evans 21/08/2021
Teacher/Principal Date

WELL DONE!

NAILED IT!

THANK YOU FOR JOINING THE FIGHT AGAINST FOOD WASTE



1. education.ozharvest.org/home-resources/
2. healthylunchbox.com.au/builder/

APPENDIX



5. ZERO WASTE NEWSLETTER

Dear Parents & Carers,

The average Australian family wastes around \$3,800 of groceries each year¹. Here at [Insert school name] we are exploring the many ways our school and community can fight food waste.

Did you know that many foods commonly wasted at home can be made into delicious school lunches?

Consider using leftover meals for your child's lunchbox. Loving your leftovers saves money and is an easy way to include good food in your child's lunchbox.

Visit [FEAST at Home](#)² for some great recipe ideas or here are a few to get you started:

Fast Fritters

We love veggies! You can use any type of vegetables or herbs you like for these fritters, so it's a wonderful way to stop old vegetables going to waste.

Sandwich sushi

Did anyone say sushi? Yes please – a nutritious snack that is fun to make. And it uses bread – one of the most top wasted foods!

Crunchy Noodle Salad

Perfect for lunch or dinner. Any green leafy vegetables such as spinach can be added. Or be creative with any herbs or vegetables you have left over!

Wholemeal pita pizza

Get cooking at home with this simple, easy and delicious recipe. Who doesn't like pizza?

Do you have any great waste saving or lunch box recipe ideas? We'd love to hear from you and share your recipe with our school community on our social media channels.

Images for newsletter

Optional – you can also use images taken by the students.

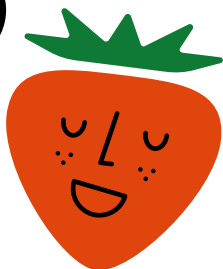


1. [foodbank.org.au/food-waste-facts-in-australia/?state=nsw-act](https://www.foodbank.org.au/food-waste-facts-in-australia/?state=nsw-act)

2. education.ozharvest.org/home-resources/

**LUNCHBOX
LOVE LETTER**

WHAT
SNACKS DO
YOU LOVE?



Dear _____

Thank you for my delicious lunch!

My favourite food today was the _____

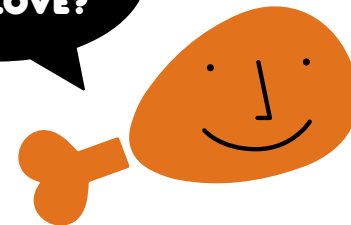
I didn't eat the _____ because:

- I was full
- I ran out of time to eat it
- I don't like it
- I didn't feel like eating it
- I couldn't open it



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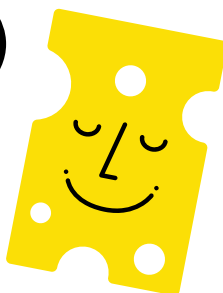
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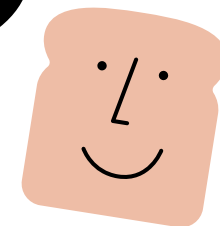
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**LUNCHBOX
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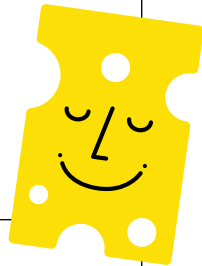


WASTE AUDIT RECORD

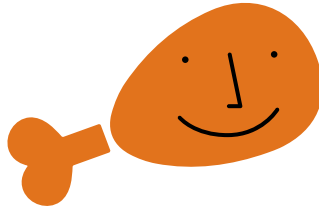


	WASTE CATEGORY 1	WASTE CATEGORY 2	WASTE CATEGORY 3	WASTE CATEGORY 4	WASTE CATEGORY 5	WASTE CATEGORY 6
	Food that could have been eaten Whole or partly eaten fruit, sandwiches etc	Food that could not have been eaten Apple cores, banana peels etc	Leftover drinks Measure in jug	Soft plastics Snack and sandwich wrappers	Recyclables Paper, drink containers, aluminium foil	Waste to landfill Anything else
TALLY						
TOTAL						

START KICKING WASTE GOALS



WASTE AUDIT ANALYSING YOUR DATA



1. FOOD THAT COULD HAVE BEEN EATEN

A) Which items of food appeared to be most often wasted?

B) Why do you think these foods were wasted?

C) What could you do to stop this food from going to waste?

2. FOOD THAT COULD NOT HAVE BEEN EATEN

A) Where could the food scraps go, other than in the bin?

B) What other waste items can go in the compost?

3. LEFTOVER DRINKS

A) If an average drink costs \$1 per cup (250mL), what is the value of the wasted drinks?

B) What else could you do with the leftover liquid?

4. SOFT PLASTICS AND FOOD WRAPPERS

A) List 3 ways you can avoid having these in lunchboxes and in the canteen

5. RECYCLABLES

A) What different materials are recycled at home? *eg. plastics, metal, glass, paper*

B) What is recycled at school?

C) How can recycling be improved at your school?

6. WASTE TO LANDFILL

A) When all of the above is removed from the bin, what is left?

B) Estimate this as a percentage/fraction of the total amount of waste you audited.

WASTE HIERARCHY: REDUCE / REUSE / RECYCLE

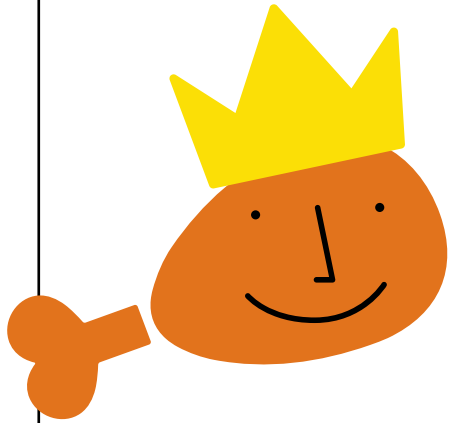
A) Which types of waste could be avoided, reduced or not created at all?

B) Which types of waste could be reused in the school, what for?
eg. STEM investigations, artworks, garden projects

C) Which waste types are recyclable?

D) What are you going to do to prevent good food going to waste in your school?

CERTIFICATE OF APPRECIATION

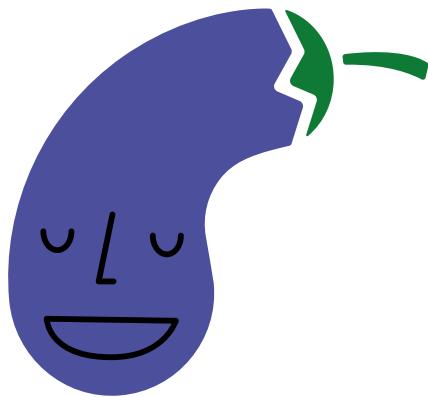
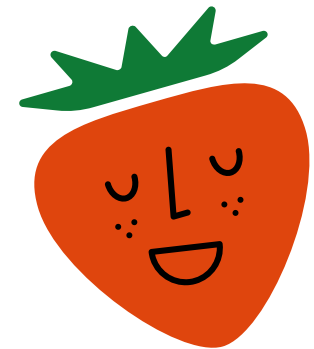


School name

THANKS

Class/student name

for being a Waste Warrior class/student,
helping to reduce food waste in our school



Teacher/Principal

Date





For any questions or more information
visit ozharvest.org/feast
or email feast@ozharvest.org

Designed with love by Graziela Machado
grazielamachado.com.au