

# 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!

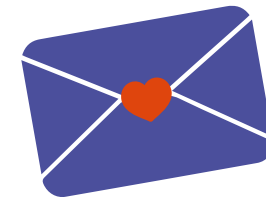
My favourite food today was the ham sandwich

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

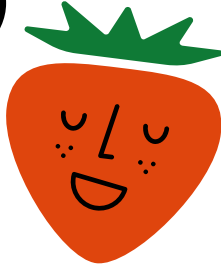


➡ See Appendix 1 for Lunchbox Love Letters template.



\_\_\_\_\_  
**LUNCHBOX  
LOVE LETTER**

WHAT  
SNACKS DO  
YOU LOVE?



Dear \_\_\_\_\_

Thank you for my delicious lunch!

My favourite food today was the \_\_\_\_\_

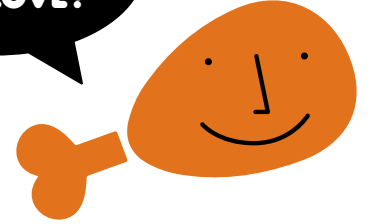
I didn't eat the \_\_\_\_\_ because:

- 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



\_\_\_\_\_  
**LUNCHBOX  
LOVE LETTER**

WHAT  
SNACKS DO  
YOU LOVE?



Dear \_\_\_\_\_

Thank you for my delicious lunch!

My favourite food today was the \_\_\_\_\_

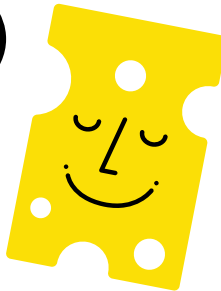
I didn't eat the \_\_\_\_\_ because:

- 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



\_\_\_\_\_  
**LUNCHBOX  
LOVE LETTER**

WHAT  
SNACKS DO  
YOU LOVE?



Dear \_\_\_\_\_

Thank you for my delicious lunch!

My favourite food today was the \_\_\_\_\_

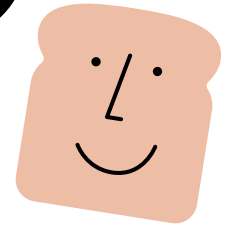
I didn't eat the \_\_\_\_\_ because:

- 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



\_\_\_\_\_  
**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

