



Kete Kai Ora

The Litterless Lunchbox

Homemade Muesli Bars

Avoid plastic wrappers by making your own muesli bars. There are heaps of good recipes out there. Here's an easy one to get you started:

Ingredients

- 1c rolled oats
- 2c seeds, nuts, and dried fruit
- 1/4c honey (or agave)
- 1/4c coconut oil

Method

Combine oats, seeds, nuts and dried fruit in a bowl.

Melt the honey and coconut oil in a saucepan, then simmer, stirring constantly until mixture foams.

Pour sauce over dry ingredients, mix well.

Press onto a baking tray and refrigerate for several hours.

Let mixture return to room temperature for 30 minutes, before cutting into slices.

Store in fridge. Freeze individual slices for lunchboxes.

Tip

Stop Food Waste!

Young people that help to prepare their lunch are more likely to enjoy eating it. Coring and slicing apples has also been shown to reduce food waste.

Litterless Lunchbox Ideas

Here are some ideas from Litterless Lunchbox experts:

- Make a batch of muffins on the weekend and freeze them – frozen muffins will thaw in time for morning tea
- Save time by making extra dinner and taking leftovers for lunch the next day
- Homemade biscuits are tastier and often cheaper
- Baking bread, making yoghurt, and growing veges are great ways to avoid single-use packaging
- Washable pouches keep sandwiches super-fresh without having to resort to cling-film
- Adults should have litterless lunchboxes too!

It's easy to make less waste:

Visit www.kapiticoast.govt.nz/waste

Phone 0800 486 486

Email waste@kapiticoast.govt.nz

The Litterless Lunchbox

The Litterless Lunchbox has no disposable packaging. Food is put in reusable containers, and individually wrapped items are avoided. Refillable drink bottles are used instead of single-use juice boxes.

The Litterless Lunchbox comes in all shapes and sizes. There are all kinds of fancy and clever knick-knacks available, but a simple ice-cream container and zip-lock bags will do the job.

Some schools and early childhood centres in Kāpiti have now made Litterless Lunchboxes compulsory.

Why?

It doesn't take long to prepare a Litterless Lunchbox, and the benefits are well worth the extra effort.

- Litterless Lunchboxes help teach young people about waste minimisation, resource sustainability, and our impact on the environment
- Less litter in lunchboxes means less wind-blown litter at school and around the neighbourhood
- A Litterless Lunchbox is cheaper to prepare
- Lunchbox rubbish accounts for most of a typical school's waste-to-landfill – this costs
- Litterless Lunchboxes are often healthier lunchboxes!

Online Resources – Google search:

Sustainability Trust – Litterless Lunches & Food waste

Green Elephant – Top Tips for a Litterless Lunchbox

EPA – Pack a Waste-Free Lunch

Cost Comparison (per serve)

Packaged	vs	Alternative
		
\$0.42		\$0.38
		
\$0.50		\$0.30
		
\$3.48		\$1.45
		
\$0.58		\$0.40
		
\$1.00		\$0.00
Total cost comparison per lunchbox:		
\$5.98		\$2.53

*Contact waste@kapiticoast.govt.nz to see how this was calculated.



Savings for Families

In one school year (192 days), opting for a Litterless Lunchbox could save about \$660 per child.

What about the waste?

An average 'litter-full' lunchbox produces about 30kg of waste per year. It might not seem like much, but our combined waste can build up very quickly. Every month, New Zealanders make enough waste to create a pile the area of a rugby field and 30 storeys high!

A typical medium-sized school (~400 students) might spend \$5,000 per year on waste disposal; this money could be better spent on items to enhance learning.

Don't forget to compost fruit scraps. Many schools and early childhood centres in Kāpiti have worm farms or compost bins.

By implementing litterless lunchbox policies, and composting food scraps, several New Zealand schools have done away with rubbish bins altogether.

Tip

Buy in Bulk

This is a great way to save money and avoid the waste of individual packets. You can fill your own reusable containers at Bin Inn and Commonsense Organics in Paraparaumu.