



# Curriculum Chatter

No. 5 2007



## RUBBISH FREE MONDAYS

As part of our Croydon Hills Primary School “**Sustainable Schools**” program, we are aiming to make Croydon Hills Primary School a rubbish free environment by reducing the amount of rubbish producing materials we need to use. All classes are being encouraged to bring “**Rubbish-Free**” lunches and morning snacks to school. This is being discussed in classes as part of our environment awareness activities.

We are using the opportunity that there is no Canteen on Monday's to make each Monday a COMPLETELY “**Rubbish-Free Monday**”.

On Mondays, there are no canteen sales, and no bins in the school yard. Children are being encouraged to bring a totally **Rubbish-Free Lunch**, especially on Mondays.

Where this may be unavoidable, children will be required to return wraps or packets back into their lunch box. Children will not be allowed out doors with food packaging or other rubbish.

Children are being reminded that we eat food sitting down in or just outside our classrooms, on any day, to help keep our yard and environment clean. We prefer to **KEEP** clean, rather than **MAKE** clean.

***A rubbish-free lunch has the added advantage of being cheaper, easier and quicker to prepare.***

Have fun trying out a variety of **Rubbish-Free Lunch** options with your children!

First – look at your current lunch foods and packaging practices:

PAPER / PLASTICS / FOOD SCRAPS / OTHER - “LUNCH AUDIT” .....

How much waste does your current lunch create?

Here is a suggested way to pack a rubbish-free lunch:

- ☺ \*Use a plastic lunch box or 2 litre ice-cream box.
- ☺ \*Inside, pack two smaller boxes, one for sandwiches, the other non sandwich food. Small margarine tubs are good for this (alternatively many supermarkets, department stores and \$2:00 type shops etc carry a suitable range of containers and lunch boxes designed to hold a **Rubbish-Free Lunch**).
- ☺ \*Brain Food - Fresh fruit / vegetables need no wrapping.
- ☺ \*Drinks can be carried in plastic reusable bottles or flasks. Water is far healthier than fizzy drinks / cordials / sugar laden juices etc, and more thirst quenching.
- ☺ Pack a rubbish free lunch with **reusable** containers & drink bottles

**Elmar Lumpreiks and the Sustainable Team of Teachers and Students**

**PTO to read our *Rubbish Free Lunch Policy* developed by our own students in 2004.**