



ECOMARINES WRAPPER-FREE LUNCHES

A great way to reduce waste in your home is to pack wrapper-free lunches! Not only does this reduce waste in your home but it reduces the waste brought into schools and workplaces. Also, wrapper-free lunches can actually SAVE money!

SWAPS

These easy ideas will help you pack a waste-free lunch... and save some money in the process! Our cost breakdown shows how much you can save over a year if each snack is packed every work or school day.

LOW-WASTE OPTIONS	PACKAGED ITEMS	MONEY SAVED
Yoghurt bought in bulk (\$6 for 900g) = \$1 per 150g serving	Yoghurt tubs or pouches (4 pack for \$4) = \$1 per 150g tub	The same price!
Bulk trail mix in containers (\$7 for 400g packet) = \$1.76 per 100g	Individually wrapped muesli bars (6 pack for \$4.30) = \$2.32 per 100g	Up to \$145/year
Cheese and crackers bought separately and packed in containers (\$1.00 for 125g pack of crackers + \$2.50 for 250g cheese) = \$0.88 per 30g serving	Pre-packaged cheese and crackers (4 pack for \$6) = \$1.50 per 30g pack	Up to \$161/year
Juice packed in reusable bottles (\$4.00 for a 3L bottle) = \$1.33 per litre	Juice poppers (\$3.00 for a pack of 6) = \$1.80 per litre	Up to \$122/year
Sandwich packed in a reusable container (\$2 - \$4) = \$2 - \$4	Sandwiches packed in plastic bags (\$4.00 for 65 pack. 4 packs needed for a year of school lunches) = Around \$16/year	Up to \$14/year

NO-BAKE MUESLI BAR RECIPE

Get the kids involved for some weekend meal-prep to get you organised for a week of waste-free lunches!

Ingredients:

- 1/3 cup butter
- 1/3 cup coconut sugar
- 1/4 cup honey
- 1 tsp vanilla
- 2 cups quick oats
- 1.5 cups puffed rice or rice bubbles
- 1/2 cup quinoa flakes
- 1/4 cup linseeds or flaxseeds
- 1/2 cup desiccated coconut
- 1/2 cup dark choc chips

Method:

1. Melt butter, honey and sugar and bring to boil, simmer for 5 minutes.
2. Remove from heat and add vanilla.
3. Add dry ingredients to wet mixture.
4. Add into baking dish and press mixture down.
5. Top with chocolate chips and let set in fridge for two hours.
6. Cut into bars!

Search ["wrapper-free lunch box ideas"] online for more recipes!

