

# Eco Schools 2025-26



# Plastic Free Lunches



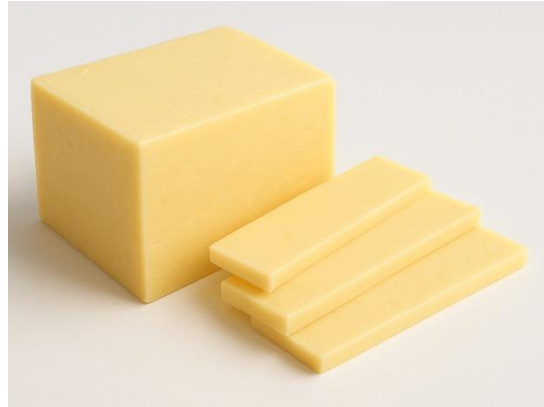
The problem with single-use plastic...



# Food ideas for plastic free lunchboxes...



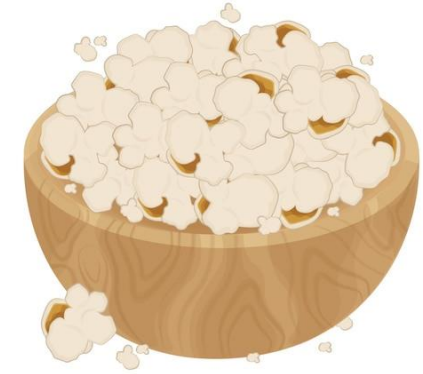
Whole fruits



Slices of cheese from a large block



Chopped fresh vegetables



Homemade popcorn



Leftovers, such as pasta



Homemade bakes



Crackers from a large pack



Boiled eggs

# Container ideas for plastic free lunchboxes...



Beeswax wraps



A lunchbox with multiple compartments



Small individual snack pots



Thermos for hot food, like soup



Reusable food bags



Reusable spork



Reusable baking cases

# What Can I Do?

Challenge yourself to try the following:

- **Avoid taking throwaway packets of food outside at breaktime** as it can cause litter. Instead, try a piece of whole fruit/veg or a homemade snack in a reuseable pot. (Remember to take the pot back inside with you!)
- **Try making some homemade snacks** at the weekend, such as muffins or popcorn. Add these to your lunchbox throughout the following week.
- **Reduce the amount of single-use plastic you use** by buying a larger bag of snacks, such as crisps. You can then portion them out into reuseable pots throughout the week.
- **Let Miss Hargood or Mrs B know if you have any recipes for a plastic free snack.** We're putting together a PDP recipe book and would love to have some ideas from you!