

# Live Life Well @ School

## PLASTIC FREE HEALTHY LUNCHBOX



### Be plastic free

Use a lunch box with a variety of sections or a few smaller containers.

Paper bags come in handy.

Avoid plastic wrap, foil, zip lock bags, packaged foods.

### Healthy plastic free tips

- Freeze healthy muffins and use each day.
- Cut your own cheese slices and place them with crackers in a small container.
- Pack a handful of dried cereal or snack mix with dried fruit (e.g. apples, sultanas, banana), pepitas and sunflower seeds in a small reusable container.
- Make a smoothie at home and store it in a cold thermos that holds the temperature until recess or lunch time.
- Pop your own popcorn and pack it in a paper bag.



**Health**  
Northern Sydney  
Local Health District