

Looking at School Lunch Waste

Choose a normal school day and investigate how much of your lunch goes to waste every day. List all the lunch and snack food items and any packaging in the table below. Note what you have to eat, has already been eaten or was put in the bin at three stages throughout the day.

Time of Day	Food you have to eat	Has been eaten	Wrappers, leftovers or food in bin
School Starts			
After Little Break			
After Big Break			

Follow Up

- How many people in the class ate everything they had for lunch that day?
- What were the most common food items eaten or not eaten in the class?
- Were there any food items that had parts you didn't eat for example, bread crusts, apple cores etc.
- What happened to any food that was leftover at the end of the day?
- Work out how much wasted food there would be each week or year if there was the same amount of food waste each day. What about for the whole school?
- Which food items produced the most waste overall (including leftovers and packaging)?
- Did you know how to separate all your waste into the correct bins? Were there bins available for everything or did you bring your waste home?
- Make a lunch plan that you think would produce the least food waste.