



## Looking at Lunch Waste

Choose a normal school day and investigate how much of your lunch is wasted every day. List all the lunch and snack food items and any packaging in the table below. Note what is in your lunch box, has been eaten or was put in the bin at four stages throughout the day.

<b>Time of Day</b>	<b>In Lunch Box</b>	<b>Eaten</b>	<b>Wrappers, leftovers or food in bin</b>
<b>School Starts</b>			
<b>After Little Break</b>			
<b>After Big Break</b>			

## Follow Up Questions

- How many people in the class ate everything in their lunch box 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 still in your lunch box at the end of the day?
- Weigh all of the leftover food. 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) from your lunch box?
- Did you know how to separate all your waste into the correct bins? Were there bins available for everything?
- Based on this day when would be the best time to empty the bins?
- Make a lunch plan that you think would produce the least food waste.