

How to Reduce Food Packaging



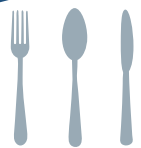
Limiting the amount of food packaging entering your home is an effective way to cut your waste and save you money. Here are some simple tips to get you started!

Avoid plastic packaging

- Choose the item with the least packaging.
- Choose glass, cardboard, paper or aluminium, in preference to plastic wherever possible.
- Buy fruit and vegetables loose.
- Buy bakery items loose or in paper.
- Take your own produce bags.
- Take your own clean sealable containers to be filled with deli items, meat or fish.
- Avoid cling wrap and pack your leftovers into containers with lids.
- Get crafty and make your own beeswax wraps! *Recipe overleaf*



Take your own – don't forget your own drink bottle, coffee cup, cutlery, shopping bags, straws and lunch containers when out and about. Visit www.plasticfreejuly.org for loads of tips on waste-free living!



BUY IN BULK

Do a **pantry audit** and then bulk-buy the items your family eats the most. Not only is it cheaper gram for gram, but it also reduces packaging.

Fill your own containers at bulk food stores and avoid single-use packaging altogether!

If bulk-buying is not for you, you can still reduce packaging by avoiding single-serve items. Buying 1kg yoghurt is cheaper and uses less plastic than six single-serve yoghurt pots.

Get friendly with your freezer – just because you can't eat it in time doesn't mean it needs to be wasted!



Grow your own

Set yourself the challenge to grow just one thing! All you need is a sunny windowsill, some seeds, a pot, potting mix and water. Grow your favourite seasonal herbs, and avoid the plastic sleeves from the supermarket.



Make your own!



Making your own snacks and meals has many benefits! It helps you reduce packaging, take advantage of seasonal produce, reduce food miles, maximise freshness and nutrients and save you money. An added bonus is that vegetable and fruit peels can be added to your compost, adding valuable nutrients to your garden for free!

Home-made yoghurt

recipe by Jude Blereau

Ingredients

1 litre full cream milk
1 tablespoon yoghurt with live cultures



Method

Bring milk to 82C - just below the boil.

Remove from heat and cool the milk to 43C, or until it's cool enough for you to put your finger in it and keep it there.

Spoon the yoghurt into a clean jar and pour in a little of the warm milk.

Combine well, add remaining milk, stir and replace lid.

Wrap the jar and leave somewhere warm for at least 12 hours before refrigerating. Keeps in the fridge for approx 6 days.



Beeswax sandwich wraps

Beeswax wraps keep sandwiches, cheese, cake, bread or veggies fresh without the need for cling film. They also make a fun weekend project!

You will need:

1/2 cup grated beeswax
Cotton fabric 30 x 30cm
Pinking shears
Iron
Aluminium foil
Old towel
Baking paper



Method:

Cut a 30 x 30cm square of fabric with pinking shears. Cover your iron with alfoil to keep the wax out of it (or use an old iron) and lay an old towel on your ironing board to iron on. Lay your baking paper over the towel. You might need to overlap the sheets to make it big enough. Lay your fabric on the baking paper and sprinkle the wax on it evenly and cover with another layer of baking paper. Iron the wax and the fabric evenly and right to the edges. Once all the wax is melted and while it's still hot, quickly peel back the paper, peel off the fabric and hold until dry.

-Printed on 100% recycled paper. Please reuse, recycle or compost-

Get ahead!



- Try and find two or three hours a week to prepare meals and snacks in advance.
- Have an assortment of containers, big and small, for storing meals and snacks. Opt for freezer, microwave friendly options wherever possible.
- Cook double and freeze half.
- Bake with your kids on the weekend and freeze made items for school lunches.
- Chopped fresh veggies make great low waste lunch snacks!



Raw bliss balls

Ingredients

1 cup dates, seeds removed
1 cup dried apricots
1 cup rolled oats
1 tablespoon tahini
2 teaspoons cocoa or cacao
1/4 cup desiccated coconut



Method

Throw all ingredients into your blender, process until it all comes together, shape into balls, roll in coconut and enjoy! Try substituting different ingredients (eg seeds, coconut oil, honey, nuts).



Hint: after use, simply wipe beeswax wrap with a warm soapy cloth and allow to air-dry. Not to be used for meat!

