

# Reducing Single Use Plastic at Nether Heyford Pre-School!

If your child's lunchbox is full of disposable plastic containers and sandwich bags, it's time to make a change!

Instead of packing snacks and sandwiches in small sandwich bags made of plastic they can be packed in reusable cloth pouches or tin foil wraps. These are easily washed either by throwing them into the washing machine with a wash or by simply wiping them clean with a cloth. They can be used for sandwiches, cakes, homemade baked goods, vegetable sticks i.e. carrot, pepper, cucumber and fruit.

Lunch items can also be served in reusable containers. Pots with lids are incredibly useful for a variety of lunchtime items and really easy to clean either by hand or in the dishwasher. These can be used for sandwiches, salads and even cold leftovers as well as more snacky items such as crackers and cheese.

You can also opt for fresh fruit instead of single-serving fruit pots/packets, and buy items like yogurt in bulk and simply put a portion in a reusable dish for lunch. This simple step will not only save on packaging but also money!

Finally, a re-usable water bottle or insulated flask is a great idea!

