



Isabel Henderson The Rubbish Project

June 2014

Research has shown that globally the population requires 1.5 planets to sustain its current lifestyle. (V. S. Government, 2008).

As mentioned in our recent newsletter all of the children across the kindergarten have been working on the Rubbish Project, hoping to achieve waste free lunchboxes.

Not only does this have positive impacts on our planet but also our health as most packaged foods are processed with high amounts of hidden sugar and salt. At IHK through education we hope to equip children with an understanding of how to make healthy choices for themselves and their planet, becoming advocates for their own health and well being.

At IHK every day the children sort their rubbish from lunchboxes into three buckets; compost, recycle and landfill. Whilst doing this every day the children and staff noticed the amount of non recycled packaging they were generating. As a result the team and children decided to collect all of the non recyclable or compostable rubbish for one week to demonstrate the amount of rubbish one week of lunches can generate.

Once the rubbish was washed and weighed the children discovered that they had generated over half a kilo of waste from just lunchboxes which over 1 year would make 26 kilos of landfill. They also learnt about the amount of sugar that comes with packaged and processed foods.

Our discussions with children will continue throughout the year however we need your help! Let's work together to try and achieve waste free lunch boxes with healthy whole food options. If you have any suggestions or recipes please let the team know and we can share them with other families.

Some of the ideas we have discussed and demonstrated with the children that you could also consider at home to help us achieve our goal of waste free lunchboxes include;

Together with your child have a good look at your lunchbox, is there any of the following;

- A paper or plastic bag
- Individually wrapped food such as Cheese sticks
- A meat and salad sandwich wrapped in cling film
- A tub of fruit in a single serve plastic container
- A tub of yoghurt in a single serve plastic container
- A small muesli bar
- Plastic spoon

Try removing some of the items listed above with the following alternatives;

- A reusable lunchbox or bag
- A meat and salad sandwich in a reusable container or compartment in the lunchbox
- A whole piece of fresh fruit, unwrapped
- Yoghurt in a reusable container
- Muesli Bars, unwrapped, in a reusable container
- Reusable spoon

keep leaf





Fast Facts

- Why not purchase a 1kg tub of delicious Jalna vanilla sugar free yogurt equals 10 small tubs or 15 squeeze yogurts!
- Did you know that squeeze and small tub yogurts contain on average 15 g or almost 1 tablespoon of sugar (that's a lot of sugar!)
- Can you believe a 1kg block of cheese equals 50 individually wrapped cheese sticks!
- Use a cookie cutter to make fun cheese shapes. Toni made these with children who loved eating their star and angel shaped cheese while having a discussion about how we can all help to reduce our rubbish.
- What about trying mixing a sugar free jam such as St Dalfour with plain yogurt it tastes delicious. The jam can be bought at all major supermarkets and most independent grocery stores and is sweetened with fruit juice.
- Can you believe plastic bags take 1000 years to decompose, lets try and reduce the production of plastic and just stop using it!
- Can you believe that globally the population requires 1.5 planets to sustain its current lifestyle.
- Did you know that Australia has one of the highest ecological footprints globally based on our high carbon dioxide emissions from the production of fossil fuels.

Nude lunch box



Photo 1, Cheese Angels, a great alternative to cheese sticks.

Photo 2, Reusable squeezable pouches and lunch wraps (can all be purchased online)



No bake muesli bar recipe

Muesli bars are convenient for a busy family, who has time to bake, right? Why not try this really easy nut free, no bake muesli bar recipe (Thanks Luca's mum in Pelicans). It has half the sugar/fat content of commercial store bought muesli bars as it was interesting to find out that many commercial bars have almost as much sugar as a chocolate bar!

Ingredients:

- | | |
|--------------------------|------------------------|
| 1 1/4 cup rolled oats | 1 tsp mixed spice |
| 1 cup desiccated coconut | 75g unsalted butter |
| 1/2 cup unprocessed bran | 1/4 cup honey |
| 1/2 cup sunflower seeds | 1/4 cup liquid glucose |
| 1/2 cup pumpkin seeds | 1/2 cup brown sugar |
| 1/4 cup sesame seeds | |

Method:

Combine the oats, coconut, bran, seeds and spice in a large bowl.

Melt the butter in a saucepan over a medium heat, then add the honey, glucose and sugar. Bring to a boil then cook for 10 minutes (until a drop of the caramel forms a soft ball when poured into cold water). Pour immediately over the oat mixture and beat until smooth.

Working quickly, press into a lined 27cm x 18cm slice pan, and press flat. Set aside to cool completely before slicing with an oiled knife. Store airtight for up to 4 weeks.

Need more help why not have a look at these websites;

Need recipes?

A great website to have a look at is www.sugarfreekids.com - which has lots of sugar free recipes and also www.easy-sugar-free-recipes.com

HOW LONG DOES IT TAKE TO DECOMPOSE	
Paper Towel	- 2-4 weeks
Banana Peel	- 3-4 weeks
Paper Bag	- 1 month
Newspaper	- 1.5 months
Apple Core	- 2 months
Cardboard	- 2 months
Cotton Glove	- 3 months
Orange peels	- 6 months
Plywood	- 1-3 years
Wool Sock	- 1-5 years
Milk Cartons	- 5 years
Cigarette Butts	- 10-12 years
Leather shoes	- 25-40 years
Tinned Steel Can	- 50 years
Foamed Plastic Cups	- 50 years
Rubber-Boot Sole	- 50-80 years
Plastic containers	- 50-80 years
Aluminum Can	- 200-500 yrs
Plastic Bottles	- 450 years
Disposable Diapers	- 550 years
Monofilament Fishing Line	- 600 years
Plastic Bags	- 200-1000 yrs

This will create awareness amongst people that this is also one of the reasons related to Global Green House Effect. Thank you for Sharing. **CHANGE EVERYTHING**

Interested in reducing your carbon footprint?

Ecological Footprint, measuring our impact on the environment, from www.epa.vic.gov.au/ecologicalfootprint/about/

Where can I go to make more sustainable choices?

• CERES, Fair Food., sustainable food options www.ceresfairfood.org.au

• Great spot to shop for 'nude food' ideas. www.mygreenlunchbox.com.au/

www.biome.com.au





Our Rubbish Project



1. Weighing the Rubbish



3. Looking at labels



2. Sorting the rubbish



4. Sewing the rubbish onto the net



5. Our rubbish net, check it out in the foyer. Look at all of those squeezey yoghurts, lots of packaging and lots of sugar.