

# MANLY WEST'S WAR ON WASTE

WE HAVE EXCITING PLANS AT MANLY WEST TO BECOME A WASTE-FREE SCHOOL!

Lots of initiatives will be rolled out in 2021. Student Waste Warriors are leading the charge but they need your support!

Each week, tips and tricks will be shared in the newsletter to help parents help Manly West be a more sustainable school.



## CAN YOU PACK A 'NUDE' LUNCHBOX?

- Consider 'bento' style container next time you buy a lunchbox
- Remove all packaging at home so it can be recycled properly and doesn't create litter at school
- Buy snacks in bulk and decant into containers – it's cheaper and there is less plastic waste
- Cut up larger fruit for less waste

**DON'T FORGET TO LABEL ALL CONTAINERS WITH NAME + CLASS!**

*Waste-free Recipe of the week from Thrive, p.36*

### Chocolate Bouncy Balls – Nut Free

*The Manly West Canteen From the Canteen Staff!*

Preparation Time 15 mins  
Cooking Time None!

2 cups chopped dates, stones removed  
1 cup boiling water  
4 tbsp. cacao powder  
2 cups desiccated coconut  
2 cups oats

Chop the dates finely in a food processor  
Add in the hot water and leave to stand for 5 mins

Add in all the other ingredients  
Blend again until all combined.

Roll into balls and then roll in a little extra desiccated coconut



**WASTE-FREE WEDNESDAYS WILL START IN TERM 2. STUDENTS WILL BE ASKED TO BRING A ZERO-WASTE LUNCH AND THE RED BINS WILL GO 'ON HOLIDAY'.**

Benefits include:

- Encouraging healthier foods
- Creating sustainable habits
- Reducing litter around the school
- Cutting waste disposal costs

Food waste, canteen bags and Return & Earn containers can be left at school. All other waste, including uneaten food, will be taken home where it can be sorted and disposed of properly.

**NOW** is great time to start thinking about what goes into your child's lunchbox and consider healthy, waste-free alternatives.



**NEXT WEEK**  
Better wrapping