

AUSTRALIANS DISCARD UP TO **20%** OF THE FOOD THEY PURCHASE.

THIS EQUATES TO 1 OUT OF EVERY 5 BAGS OF GROCERIES THEY BUY



OR THE AVERAGE AUSTRALIAN HOUSEHOLD

\$1,036

OF FOOD IS THROWN AWAY EVERY YEAR



If you add up all the food *Australia* wastes each year,

IT'S ENOUGH TO FILL **450,000** GARBAGE TRUCKS.

PLACED END TO END, THE CONVOY WOULD BRIDGE THE GAP BETWEEN AUSTRALIA AND NEW ZEALAND, JUST OVER THREE TIMES.



AUSTRALIANS WASTE **4,000,000 TONNES** OF FOOD EACH YEAR

AUSSTIES THROW OUT **345KG** PER HOUSEHOLD, WHICH IS THE SAME WEIGHT AS **3 AVERAGE SIZE FRIDGES!**



Why is it WASTED?

- WE COOK TOO MUCH FOOD
- WE DON'T KNOW HOW TO USE LEFTOVERS
- WE DON'T CHECK THE CUPBOARD OR FRIDGE BEFORE GOING SHOPPING
- WE OFTEN SHOP WHEN WE'RE HUNGRY SO WE BUY MORE FOOD THAN WE NEED.
- WE BUY TOO MUCH BECAUSE WE DON'T STICK TO A SHOPPING LIST.
- FOOD IS MISTAKENLY THROWN OUT BEFORE THE USE-BY/ BEST BEFORE DATE
- Buying takeaways at the last minute INSTEAD OF COOKING THE FOOD WE HAVE AT HOME



What do we do at Toybox?

- We have a food recycle systems in place:
 - food scraps are collected and given to chickens in exchange for eggs
 - food scraps are fed to our worms in our worm farm to make fertiliser for our gardens
- At meal times we encourage children to select food from their lunch boxes and eat what they have chosen. Additional food is sent home so you know what has been chosen and eaten.
- At meal times we help the children to clean their plates, and put their waste in the correct bins
- Children help feed and water the worms



FOOD FOOTPRINTS

Reducing Waste to create a healthier environment for our kids future.

Toybox Foods

- Breastmilk and Formula milk
- Water
- All fruit - some may need to be cut up and peeled. Bananas and apples can be left whole, Educators will peel and cut these up.) Infants (under 2's) will require hard fruits to be softened
- All veg - some veg can be provided Raw (grated), or you can soften them
- Breads (wherever possible provide wholemeal), cereals, rice, pasta and other grains
- Yoghurt (full fat for under 2's) Reduced fat for over 2's
- Cheese – grated, slices or block
- Lean meats, such as kangaroo, fish (Tuna) chicken (without skin), eggs, beans, sliced ham or beef
- Raisin Toast
- Crumpets
- Cruskits (low in fat and sodium), cheese spread, dips or vegemite
- Homemade muffins, pizzas, scrolls or quiches
- Banana bread (no nuts)
- There are some "organic" products that are good in terms of sodium and sugar per serving, however Toybox will promote simple, easy fresh foods wherever possible.
- Plain rice wheels, rice cakes and rice crackers
- Sao biscuits
- Cacao based foods – communicate this to educators
- Arrowroot biscuits
- Sultanas are considered ok from 2 years upwards

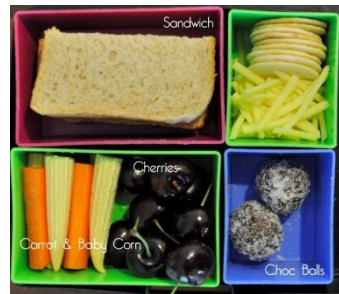
Toybox Foods

- Anything containing Nuts this includes spreads
- Packet chips/crisps and seasoned rice crackers (plain rice crackers with cheese and or dip are fine)
- Savoury biscuits such as "shapes"
- Lollies, chocolate, donuts and cream cakes
- Muesli bars and LCM bars
- Cheese dip and biscuits (pre packaged)
- Fruit based packaged goods, fruits in syrup, fruit puree
- Flavoured biscuits such as yo yo or iced biscuits, chocolate biscuits or cream/jam filled biscuits
- Cereals with high sugar, fat and sodium content
- Deep fried foods
- Flavoured milks and waters, sports drinks or soft drinks
- Pies, pasties and sausage rolls (if homemade please specify this in lunchbox)
- Processed meats such as fritz and kabana (you can send cold meats in with your child Such as silverside (sliced), chicken, sliced beef)
- Popcorn
- Custards and creamed rice (even though these are "dairy" they are not recognised as providing enough nutrition due to high sugar and sodium levels. Keep to yoghurt, be sure to check flavours please
- Fairy bread
- Fermented milk products - yakult
- Fruit bars, roll ups, fruit and muesli bars
- Jelly or fruit in jelly
- Rice cakes with flavoured toppings (plain with a piece of fruit or mashed banana is much better)
- Noodle snacks (2 minute noodles)
- Dried banana chips
- Sausage with skin on. (sausages can be offered but not reheated and must not have skin)
- Coconut covered fruit balls/yoghurt covered (there are some great homemade recipes for these but "shop bought ones are not considered of a nutritional value)

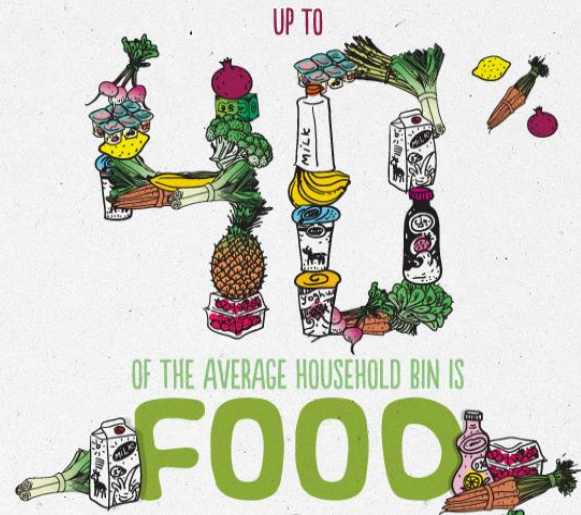
Information from Toybox's Food Nutrition and Beverage Policy which is available on request.

It is recommended to have this handy to refer back to when making up lunch boxes. Put it up on your fridge 😊

Food Group	Australian Dietary Guidelines
Breads and Cereals	1 Slice bread Or 2/3 cup breakfast cereal Or 1/2 cup cooked rice Or 1/2 cup cooked pasta
Vegetables	1/2 cup vegetables - include 2-3 different types
Fruit	1 cup fresh or stewed fruit Or 2 small pieces of fruit (for example apricot, kiwi fruit, plum) Or 1 medium sized fruit (for example apple, banana, orange) Or an equivalent amount of 2 or 3 different fruits
Dairy and alternative	250 ml milk Or 40g cheese Or 200g yoghurt Or 250ml calcium fortified soy milk
Meat and alternative	65g cooked lean red or 80g white meat Or 100g cooked fish Or 1 cup cooked legumes (for example baked beans, chickpeas) Or 2 eggs



Lunchbox ideas from Kelly at Be a Fun Mum. Check her out at www.beafunmum.com



Australian Guide to Healthy Eating



For more healthy eating information go to www.eatforhealth.gov.au