Australian School Years 3-5, approximately ages 8-11

Food Waste and Responsible Choices

Food is valuable.
Let’s make thoughtful choices so less of it goes to waste.



What do you notice?

Lunch is finished.

Does everything here need to go in the bin?



Get ready for your meal

If a main meal is coming soon, save your appetite for the meal.



Follow your own snack or dietary plan.

Four choices we can make

TAKE

Choose what you think you need.

EAT

Give yourself time to eat.

SAVE

Keep food safely, if allowed.

SORT

Follow the local waste system.

Take what you need

Start with what you think you need.

You can have more if it is available.



When you can choose your portion.

Give yourself time to eat

Am I still hungry?

Am I comfortably full?



You do not have to clear your plate.

Need a little more time?

Still hungry?

“Can I have a few more minutes to finish eating?”



Can we save it?

Save edible food for later if it is safe and allowed.



Follow school or camp food-safety and allergy rules. Ask an adult.

Watch & notice

Before edible food goes in the bin, ask:
Can it be safely saved for later?

Watch: Make the most of your leftovers

NSW Environment Protection Authority · YouTube

What food could have been saved?

What could be eaten later?

Who should help decide if leftovers are safe to keep?

School lunch

What would you do?

Mia has half a sandwich left.
She feels comfortably full.



Should she force herself to eat it?

Should she bin it straight away?

What else could she do?

Follow school or camp food-safety and allergy rules. Ask an adult.

Camp dinner

What would you do?

Staff served Ben’s dinner at camp.
He has some food left.
Food cannot go to the cabins.



What can Ben control?

What can’t he control?

Choose your portion

If you can choose your own portion…

Which choice may reduce waste?

A A very large first helping

B A manageable first helping, then more if needed

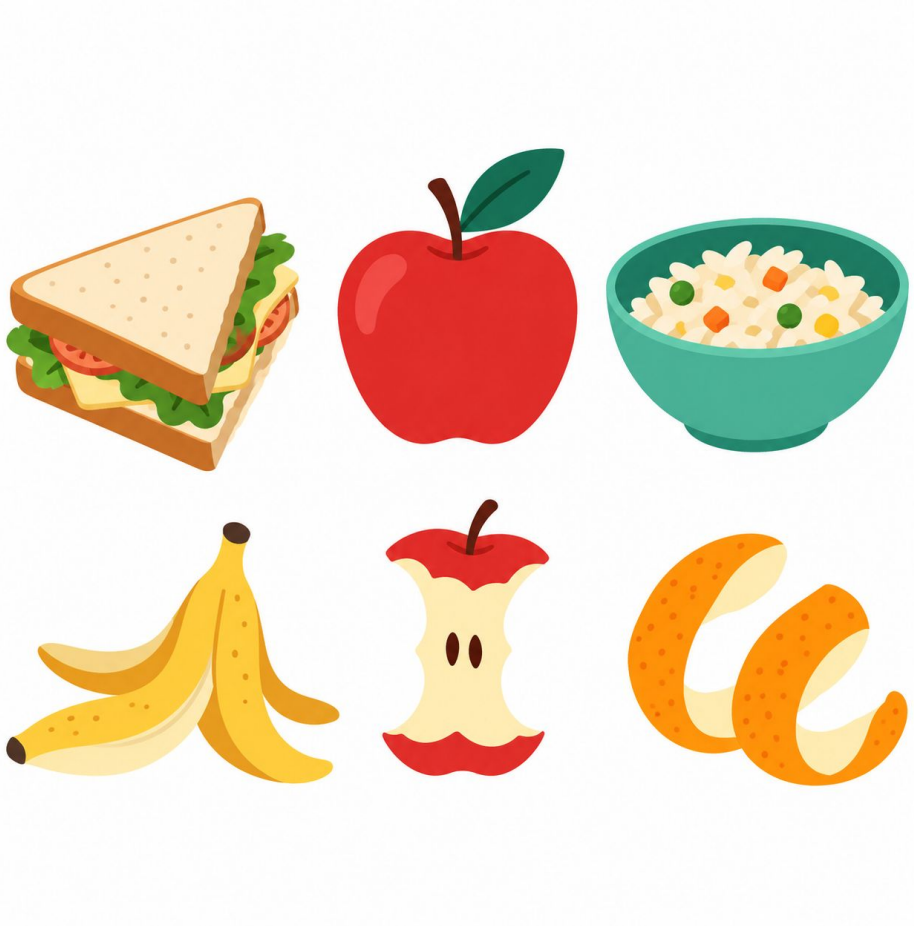
Choose an amount that suits you. Have more if needed and available.



Food or food scrap?

EDIBLE FOOD

FOOD SCRAPS



Which kind of waste should we try to prevent first?

Sorting comes last

First: prevent edible food from becoming waste.

Then: sort unavoidable scraps where possible.



Check the signs. Ask what belongs in each bin.

From food scraps to compost

Food scraps can become compost when the right system is available.



Food scraps **Organics bin** **Compost** **Soil & plants**

Follow the system at your school or camp.

Students AND systems

Students

Choose thoughtfully when possible.

Give yourself time to eat.

Ask about saving food safely.

Follow local instructions.

School / camp

Allow enough time to eat.

Give clear leftovers instructions.

Review portions and food waste.

Consider suitable organics bins.

Our big question

What happens after food goes in the bin?

Could our school or camp manage food waste differently?

Drink enough.
Use water wisely.

Drink the water your body needs.

Avoid wasting clean drinking water.



Food waste challenge

What could we change BEFORE food reaches the bin?

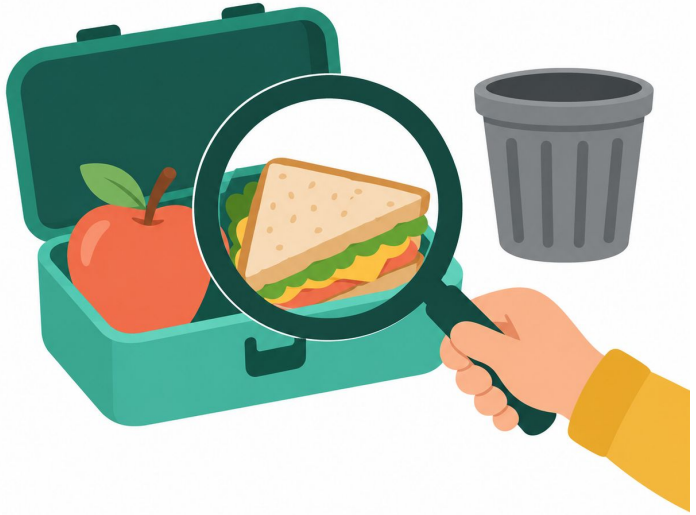
Too much packed or served

Too little time to eat

Optional snacks close to meals

Missed chances to save food safely

Unclear waste instructions



One choice. One change.

Say it or write it.

1 **One choice I can make…**

2 **One change my school or camp could consider…**

Food is valuable

Take thoughtfully.

Give yourself time to eat.

Save what you safely can.

Sort what is left.

Use water wisely.