

# PLASTIC-FREE LUNCHES

# 28

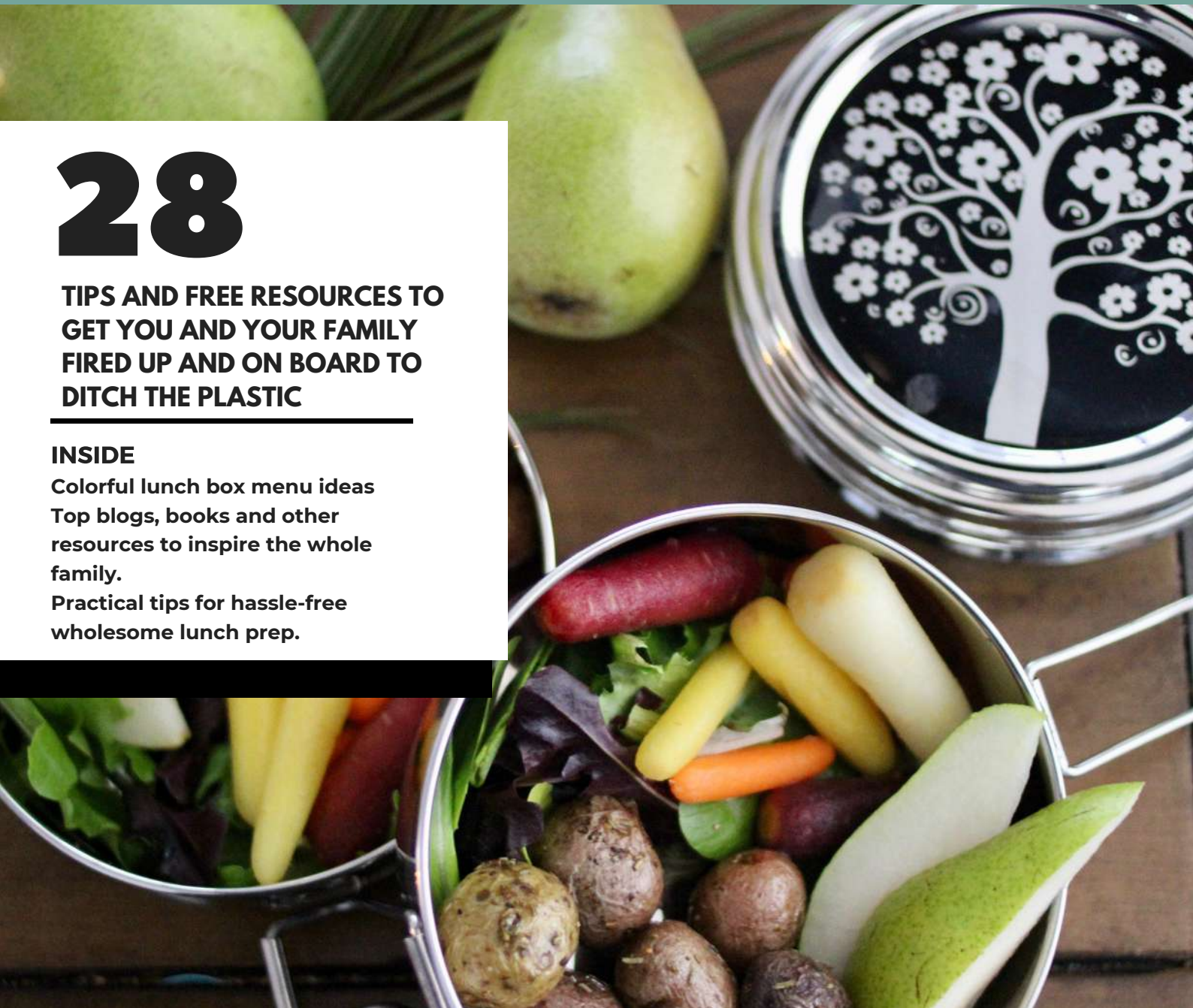
**TIPS AND FREE RESOURCES TO GET YOU AND YOUR FAMILY FIRED UP AND ON BOARD TO DITCH THE PLASTIC**

## INSIDE

Colorful lunch box menu ideas

Top blogs, books and other resources to inspire the whole family.

Practical tips for hassle-free wholesome lunch prep.



# CONTENTS

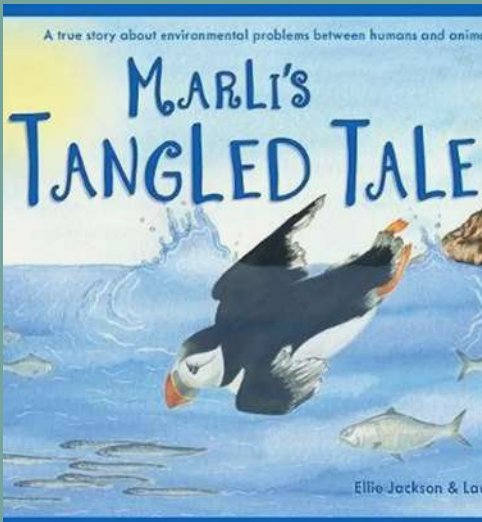
## 2 MAKING A START

Making a few small changes can have a large impact when lots of us are doing the same!



## 5 BE INSPIRED

Blogs, books and campaigns to inspire the whole family.



## 9 TIPS FOR HASSLE-FREE WHOLESOME LUNCHES

The busy person's practical guide to plastic-free lunch prep.



## 10 NUDE FOOD LUNCH BOX INSPIRATIONS

Vibrant wholesome lunch menu ideas that will keep you fueled for the day.





# MAKING A START

---

**MAKING A FEW SMALL CHANGES CAN HAVE A LARGE IMPACT WHEN LOTS OF US ARE DOING THE SAME!**

What inspired you in the first place to make the shift away from plastic? Was it the image of an albatross chick carcass with a belly full of plastic? Or learning that most plastics contain hormone disruptors (BPA is not the only bad guy!) Was it stats like "Each day approx. 8 million pieces of plastic find their way into our oceans"? These facts can lead us to a sense of overwhelm - the problem can just feel too big to do anything about. And giving up the convenience of single-use plastic can seem really hard. But it's important to remember that this is not about eliminating all your plastic use overnight. It's about being part of a large movement where everyone does **something**. The good news is a lot of the plastic we use can be reduced pretty easily... and these changes can give us all sorts of bonus benefits - such as improved health, saving money and empowering our kids. See our list of recommended resources aimed to keep you excited and motivated, (rather than overwhelmed!) on page 5.

## FACE THE FACTS

One of the best ways to get a sense of your own family's plastic usage (and see where you can make a change) is to track and record the plastic you throw away in a week. This is a great way to involve kids - collect all plastic trash for a week, lay it all out on the ground and photograph it! You could do this each day for a week if you don't want to hang on to a week's worth of trash.

## SET SOME GOALS

Goals are a great way to give your family something to work towards as a team. So instead of your kids hassling you to return their favorite packaged foods back into their lunch boxes, they will be holding you accountable! "Mom - what about the turtles??"

## A FEW IDEAS TO GET STARTED

### 1 MONTH CHALLENGES:

- Pack plastic free lunches.
- Use your stainless steel lunch box for take-out and restaurant leftovers instead of throw-away containers.
- Take a stainless steel water bottle with you whenever you leave the house.
- Carry some reusable utensils and stainless steel drinking straws in your bag for when you are out and about.
- Learn some new recipes to replace some of your favorite packaged lunch snacks. See the menu ideas on page 10 for some inspiration.



*"The world is changed  
by your example,  
not by your opinion."*

Paulo Coelho



welcome to

# GOING *zero* WASTE

breaking zero waste living down

into a simple step-by-step process

with lots of positivity and love

© Kathryn Kellogg, going zero waste



## BE INSPIRED!

HERE'S OUR LIST OF TOP RESOURCES TO GET YOU AND YOUR FAMILY GALVANIZED IN YOUR WAR AGAINST WASTE.

### TOP BLOGGERS

There are a number of bloggers who have made the switch from single-use plastic consumer to a plastic-free lifestyle...and they have survived and in fact thrived to tell the tale. These blogs are a great antidote to the overwhelm depressing images and statistics can incite and give a powerful message that if they can, we can too. Here's our top picks:

#### 1. Going Zero Waste

by Kathryn Kellogg

"It's not about perfection. It's about making better choices." This San Francisco based blogger offers a great guide to zero waste living and replacing typically plastic household items with stylish sustainable alternatives.



© Kathryn Kellogg  
going zero waste



© Lauren Singer, trash is for tossers

## 2. Trash is for Tossers

by Lauren Singer

A prolific blogger from NYC with a wealth of creative ideas to reduce waste. Lauren aspires to show that "leading a Zero Waste lifestyle is simple, cost-effective, timely, fun, & entirely possible for everyone and anyone". Lauren also has a youtube channel.

## 3. Treading my own Path

by Lindsay Miles

In 2012 Lindsay accepted a month-long challenge to avoid plastic... and never looked back. She now lives zero waste and plastic-free and demonstrates how giving up plastic can transform your life for the better - improving your health, boosting your creativity and connecting you to a community of like-minded people.

## 3. My Plastic Free Life

by Beth Terry

This started as a simple blog documenting one woman's journey from a max to min trash lifestyle. It has since evolved into a comprehensive resource for others interested in making a similar shift.



© Lauren Singer  
trash is for tossers



# KIDS against PLASTIC

© Kids Against Plastic

## TOP KIDS RESOURCES

### KIDS LEADING THE WAY

These inspirational kids are taking the plastic issue into their own hands and showing other kids, their families and schools how to get involved.

#### Kids Against Plastic

Amy and Ella Meek

A campaign started by two sisters in the UK. Their website offers plenty of child-centred resources to get educated about the issues and provide ideas and campaign initiatives. Amy and Ella are great mentors for young people to make an impact at home and in the community.

### EDUCATIONAL CARTOON

#### All the Way to the Ocean

by Joel Harper

James throws a wrapper and plastic bottle in the gutter and doesn't believe that it will go all the way to the ocean. His friend Isaac warns James about the consequences of his littering.

There begins the adventures of James and Isaac as they learn about the harmful effects of storm drain pollution, and in turn, spread the word to their friends and the rest of their school.

This animation features the talents of acclaimed actors, award-winning musicians, and dedicated activists; including Amy Smart, Ben Harper, Burning Spear, Jack Johnson, Joel Harper, Marcia Cross, and Xavier Rudd.



7 © Joel Harper, All the way to the ocean

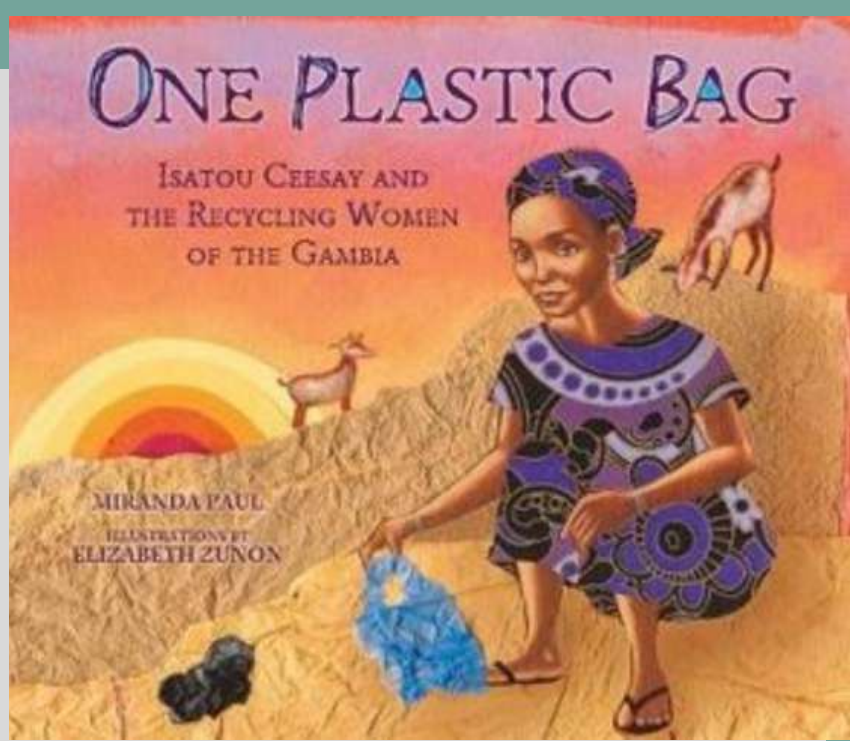


# BEST KIDS BOOKS

## One Plastic Bag: Isatou Ceesay and the Recycling Women of Gambia

by Miranda Paul

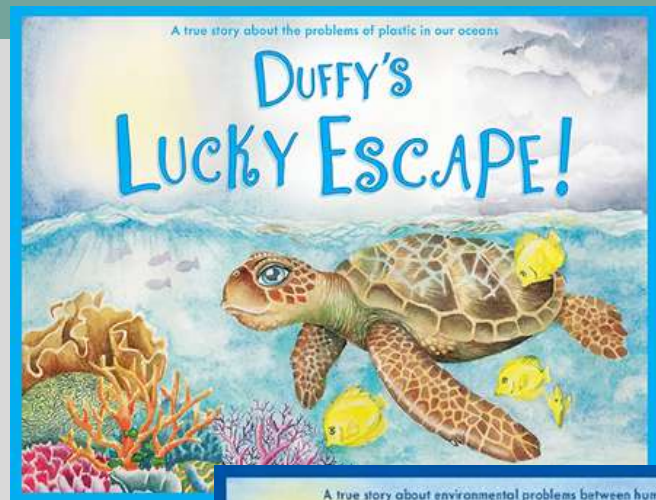
The inspiring true story of a campaign started by one African woman to stop plastic pollution in her community. This story shows our youngsters how one person's actions really can make a difference in our world.



## The Wild Tribe Heros Series

by Ellie Jackson and Laura Callwood

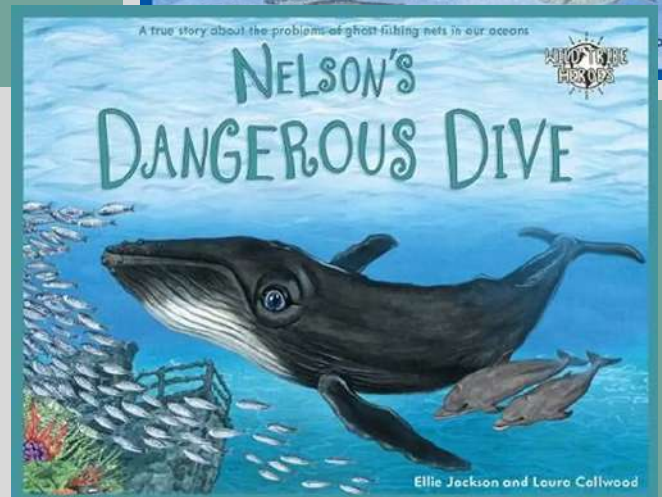
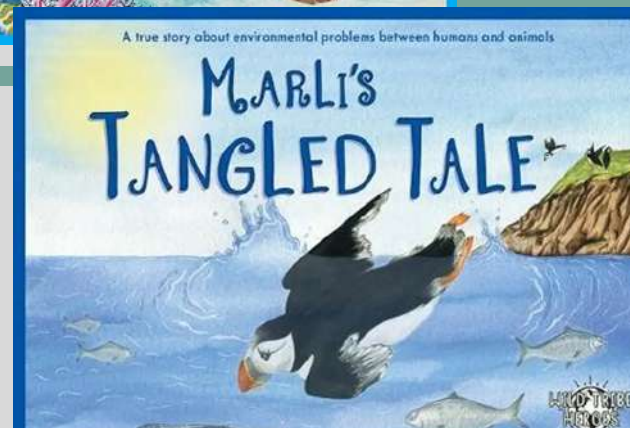
Duffy's Lucky Escape, Marli's Tangled Tale and Nelson's Dangerous Dive are all true and gentle stories to teach children about ocean plastics in a positive and inspiring way with happy endings and ideas for the future.



## Captain Green and the Plastic Scene

by Evelyn Bookless

Aimed at children aged 4-8, Captain Green and the Plastic Scene is about a superhero who finds himself on a mission to save marine animals from plastic pollution. With engaging, colourful illustrations, it's a wonderfully relatable story to get our little ones actively involved in helping to save our planet.





## TIPS FOR HASSLE-FREE WHOLESOME LUNCHES

---

### THE BUSY PERSON'S PRACTICAL GUIDE TO PLASTIC-FREE LUNCHES

#### PREP AHEAD

Make some simple snack items when you have a little more free time on the weekends or holidays to use for lunch boxes. Consider recipes you can freeze (helps avoid your family eating them all at once!). If you have a few options you can rotate them in lunch boxes during the week.

Cooking up a grain and/or some pulses the night before makes it super easy to throw together a hearty salad in the morning. Rotate between quinoa, pasta, buckwheat, brown rice, lentils and beans and add in your favourite salad leaves, sunflower sprouts, olives, nuts, seeds or whatever your favourite additions are.

Cook up extra portions of dinner so you can add some leftovers to your lunch boxes for the next day.

#### REFUSE SINGLE PORTION WRAPPERS

If making lunch meals and snacks from scratch just isn't feasible, choose foods in large bags rather than individual portion sizes. If you need to keep foods in enclosed packages inside lunch boxes, invest in some silicone reusable zip-lock pouches or beeswax food wraps.



# NUDE FOOD LUNCH BOX IDEAS

SIMPLE SNACKS AND QUICK WHOLESOME MEALS THAT WILL MAKE YOU GLAD YOU DITCHED THE PLASTIC!



# THROW-TOGETHER SALADS

HEARTY SALADS THAT CAN BE THROWN TOGETHER IN THE MORNING WITH A LITTLE PREPPING THE NIGHT BEFORE.



**Above:** Roasted pumpkin, beetroot and feta with chickpeas, tamari almonds, hemp seeds and baby tomatoes tossed with fresh figs, mixed greens and sunflower sprouts on a bed of quinoa. Roast the veges and cook the quinoa and chickpeas the night before. Chill overnight and toss with fresh ingredients in the morning. Drizzle with a little olive oil and fresh lemon juice and voila!

**Variations:** Mix and match with any of the following ingredients to create colorful, delicious salads that keep you sustained the entire day....

## LOW FOOT-PRINT INGREDIENTS

Stock up on whole pulses and grains from your local bulk food store. Keep them in jars (they will look beautiful lined up in your pantry!) These are super simple to prepare with a little planning. Leave 1 cup to soak with 2 cups of water in the morning. Rinse and cook them with fresh water in a pressure cooker in the evening, then chill in the fridge overnight, ready to toss into your salad in the morning. Packed with protein, vitamins and minerals - these are a great way to eat healthily, cheaply and simply with zero packaging.

Instead of chickpeas, use black beans, lentils, cannellini or any other pulse.

Swap quinoa up with buckwheat, brown rice, red rice, pasta or millet.

Instead of hemp seeds, sprinkle sesame, sunflower or pepitas.

Try roast sweet potato, roast brussel sprouts, or roast capsicum instead of pumpkin and beetroot.

Other scrumptious additions include olives, sun-dried tomatoes, toasted walnuts or cashews.



# DELICIOUS WRAPS

**WRAP UP YOUR FAVORITE INGREDIENTS FOR THE PERFECT MEAL ON THE GO.**

**Left:** Soft burrito with tempeh, roast capsicum, avocado, roast pumpkin, mixed greens, sunflower sprouts, feta and chipotle mayo.

**Variations:** Replace tempeh with refried beans, hummus, or your other favorite fillings.

# FINGER FOODS

**Right:** Homemade hummus with veges to dip: snow peas, baby carrots, capsicum and cucumber slices. Mixed fresh berries.

**Variations:** Replace hummus with guacamole, spinach and cashew dip, or your other favorites.

Replace berries with other cut fruits, or mixed dried fruit and nuts.



**Left:** Mixed berries in snackbox, homemade nori rolls with avocado, tempeh, carrot and capsicum, date rolls, choc bliss balls and gluten-free cranberry and seed crackers.

**Variations:** Check out the web for a myriad of quick and easy bliss ball recipes, ranging from carrot cake flavor to mint choc. Replace crackers with savory dehydrated linseed crackers or your favorite cookies.



# KEEP IN TOUCH

---

As the founder of Earth Pulse, I would absolutely love to hear from you!

I'd love to hear what you think of our lunch boxes and this e-book, so please share with me! You can contact me directly at [amelia@earthpulse.us](mailto:amelia@earthpulse.us). Whether it's the things you love, any questions you have, ideas for improvement or anything else that pops into your head, my inbox is always open.

We are a small enterprise, with big dreams to have an impact through our products, our message and the donation of 20% of our profits to alleviate poverty. Help us reach our goal to increase the percentage we donate to 50% by 2022, by spreading the word.

You can also connect with us on:



@earth\_pulse\_homewares



Earth Pulse Homewares

or through our website:

**[www.earthpulse.us](http://www.earthpulse.us)**

Thanks for all your support!

Lots of love

*Amelia Ariell*

Copyright © 2019 by Earth Pulse. All rights reserved.

No part of this publication may be reproduced or distributed in any form or by any means. Please do not duplicate, share or upload product files to sharing sites.

“Plastic-Free Lunches” is protected by copyright and intellectual property laws. It is provided solely for your personal, noncommercial use. Unless explicitly authorised by Earth Pulse as the creator of these materials, you may not modify, copy, reproduce, republish, upload, post, transmit, sell or distribute in any manner or medium, including by email or any other electronic means, any material from this guide. You may download and or print one copy of the guide for your personal, non-commercial use.

Every reasonable attempt has been made to achieve complete accuracy of the content in this guide; however as the producer, Earth Pulse assumes no responsibility for errors or omissions. The information contained in this guide is for education and information purposes only.

Any trademarks, service marks, product names or named features are assumed to be the property of their respective owners and are used only for reference. There is no implied endorsement where one of these terms is used.

