



Business Sustainability Modules

Weekly Event – Waste Free Wednesday

Love Food- Hate Waste

- Pack your own lunch and invest in a non-toxic and durable lunch boxes and thermos.
- Use beeswax wraps instead of plastics wrap or use reusable containers.
- Bring in a reusable drink bottle, cutlery and napkins.
- Pack leftovers (get friendly with your freezer).
- Buy bulk and split into daily portions.
- Compost your food scraps and coffee grounds.



Sustainable food Choices

- Avoid excess food portions.
- Provide only or more vegetarian options and reduce meat portions.
- Make sure your food is nutritious - producing poor quality food squanders resources.
- Consume food whose production does not involve animal cruelty, deforestation or the use of harmful chemicals.
- Support local farmers and eat seasonal food that retain more nutrients, taste better and have travelled fewer food miles.
- Start a garden.
- Choose certified fair-trade products.

