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opening extract from

The Good Green Lunchbox

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clever packaging treat

10 Homemade lemonade

Little bottles and cartons may be convenient for lunchboxes but they are certainly not good for our planet. Avoid the packaging of single servings by making your own tasty drinks and refilling your own bottle. This will really help to reduce the amount of rubbish you throw away. Makes two small servings.

500ml water
1 lemon
½ lime
5 tablespoons sugar

Crush a few raspberries into the mix for pink lemonade.



1 Squeeze the lemon and lime juice into a jug. Add the sugar.



2 Boil the water, pour into the jug, and stir. Put in the fridge to cool down – add ice if you are impatient!

The rubbish that we can't compost or recycle will usually end up in landfill – great pits of rubbish that may take hundreds of years to break down.

Take your lemonade to school in a bottle. Wash out an old bottle and refill it each day. You could even make your own label.

This recipe shows you how much sugar there is in a sweet drink. Be sure to make it only as a treat and choose plain tap water for every day.

seasonal treat

13 Winter crisps

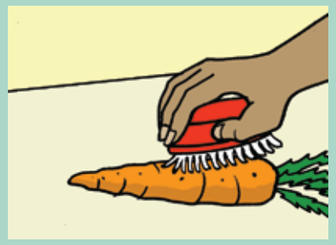
These are much tastier and more exciting than normal potato crisps. The vegetables for these crisps will all be ready to pick and eat in winter. Makes approximately two servings.

1 parsnip
1 large carrot
1 cooked beetroot
1 sweet potato
2 tablespoons olive oil
salt and pepper

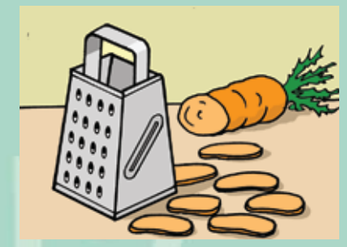
Root vegetables store well and are often cheap throughout the year.







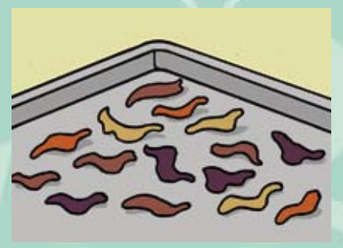
1 Wash your vegetables thoroughly and scrub the skin so it's clean.



2 Slice the vegetables using the large slicer side of a cheese grater. If you don't have a cheese slicer on your cheese grater, make long curls with a vegetable peeler.



3 Spread your grated vegetable crisps on a large baking tray and pour in the oil. Shake the slices around so they get covered in oil. Season with salt and pepper.



4 Bake in the oven for 2 hours at 130°C or until crispy. Leave to cool.

To make a great little tetrapod crisp packet:

Cut a rectangle of cellophane or greaseproof paper – 10cm wide and 20cm long. Fold the short ends to the centre and crease the sides.
Fold up the bottom edges and tape the seam and bottom. Fill with crisps. Then fold so that the side creases meet.
Fold the top over and tape shut.





