

Mindful Chef Packaging Guide

What to do	Which item	Why we use it
 Return	Cool bag	It's safe, reusable and keeps chilled items chill
 Recycle	Box	Holds all your bags, and gets your meals to you safely
	Brown bags (stickers on)	All your ingredients are inside these - putting them in paper bags prevents loose ingredients from rolling around and you get your meals together in one place!
	Magazine	Recycle (or give to a friend)
	Tomato and mushroom punnets	Stops smaller ingredients getting damaged
	Meat and fish cardboard sleeves	Prevents piercing and breakage
 Rinse & recycle	Spice, nut, and antipasti pots	Exact portions for no food waste
	Tins	A recycling hero - tins can be used again and again
	Protein trays	Keeps food airtight and bacteria out, ensuring the protein stays fresh
 General waste	Tape, plastic film, sachets and vacuum packs	<p>Tape keeps your box secure, but when it comes to single-use plastic we have to be mindful of getting your food to you in the safest way - we don't want to create more food waste, we need to ensure liquids don't leak, and keep food fresh by keeping it airtight.</p> <p>Currently there aren't many materials that can do all that, so we're working with our suppliers to find a recyclable solution. Watch this space!</p>
	Check if your local recycling centre accepts tetra pak here	Cartons e.g. passata & cashew cream
Recycle (along with your carrier bags) at larger supermarkets	Ice packs	The gel inside can safely go down the sink, and the plastic outer keeps the chill safe and sound

