

How to keep safe – removing the rubbish...



Line kitchen rubbish bin with a plastic bag.



A kitchen rubbish bin with a lid is best.



Put scraps in the bin



Empty the bin when it is full or at night before going to bed.

How to keep safe – removing the rubbish...



Keep the wheelie bin lid closed. You might want to put a stone on top



Wash the wheelie bin after it has been emptied



Always wash your hands after handling rubbish.



You might want to separate the packaging so it can be recycled. You can also use left over veg in a compost heap

There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions

Key skills:

This resource could be used to support development of the following skills:

- Identify the different food groups

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated.

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