

Factsheet: Bamboo



What is bamboo?

The **fastest-growing plant in the world**: it can grow up to 91 centimeters in one day.

Renews naturally without replanting, as it grows back from its own root system.



An **effective carbon sink**: managed bamboo systems can store 10 to 100+ tonnes of carbon per hectare.

Bamboo can help protect soil from **erosion** and improves **water absorption**.

Why does bamboo make good food packaging?

- 🕒 **Strong and durable**: resistant to heat (up to 200°C), oil, moisture, and freezing.
- 🕒 **Safe for food contact**: can be used for cutlery, plates, bowls, and cups.
- 🕒 **Versatile**: also used for paperboard products like coffee cups.

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What is the best end of life for bamboo food packaging?

Industrial composting

Under controlled conditions, bamboo breaks down in between 45 and 180 days.

If composting isn't available, dispose of it in **general waste**, as it breaks down very slowly in the environment.

So, is bamboo a good choice for sustainability?

Yes, bamboo is an excellent packaging choice: it **grows quickly**, needs **no pesticides**, and can be **FSC-certified** for responsible sourcing.

However, some key factors to consider:

- ❌ Can **become invasive** without careful management
- ❌ Grown and produced in **Asia**, it requires transport to Europe

[Learn more about bamboo in food packaging here](#)

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As with any material, **responsible** sourcing and management are **essential**.



The best choice **depends on your business needs** and priorities for sustainability.

