

Waste-free Lunches

What to look for in a waste-free lunch

- reusable drink container
- cloth napkin
- non-disposable cutlery
- durable lunch bag or box
- reusable sandwich and snack containers
- all food is consumed

A waste-free lunch may include items such as apple cores and banana peels, which can be taken home to compost or placed in the green bin.

To order a print copy of the poster below see the order form on page 4 of this guide.

Introducing waste-free lunches can help your school reduce the amount of garbage you produce.

Running a waste-free lunch event encourages students to reduce waste in an area where they can have control. Class activities can link waste-free lunches to larger issues related to the environmental and economic impacts of waste disposal.

Here are a few suggestions for running a waste-free lunch event

- ▶ Make announcements leading up to the waste-free lunch day, letting staff and students know that it is coming and reminding them to bring a waste-free lunch.
- ▶ Put an announcement in the school newsletter or send a flyer home (see next page) to help parents understand the purpose of a waste-free lunch day and to ask for their support.
- ▶ Invite the environment club or a class to create posters and displays promoting waste-free lunches and depicting how this can be accomplished.
- ▶ Have students fill out a personal pledge to bring a waste-free lunch and attach the pledges to a large drawing of a lunch box or a waste-free lunch banner prominently displayed.
- ▶ Turn over all garbage containers in the lunch area and put a sign on the container explaining that it is a waste-free lunch day and that all waste will need to be taken home. (This is called a “boomerang” lunch.)
- ▶ Recognize achievements by offering points or by posting or announcing names of students/classes and staff who regularly bring waste-free lunches.

This poster provides a strong visual reminder of what a waste-free lunch consists of. Post in your lunchroom, cafeteria, and staffroom.





Recipe for a Waste-free Lunch

When packing a lunch for or with your child, consider the following ideas. Not only is a waste-free lunch better for the environment, it can save you money as well.

Here are some packing tips to MUNCH on

Yes please	Please avoid
REUSABLE lunch carrier	AVOID paper or plastic bags
REUSABLE container (plastic)	AVOID plastic wrap, foil, or Styrofoam®
REUSABLE drink bottle or thermos	AVOID single-use cans, bottles, or cartons
CLOTH NAPKIN to wash and re-use	AVOID paper napkins
CUTLERY to wash and re-use	AVOID plastic forks/spoons
HEALTHY snacks!	AVOID over-packaged snacks

Why pack a waste-free lunch?

- It's waste-free
- It costs less
- It's healthier

Food for thought

The average student lunch generates 30 kg of waste per school year. That adds, on average, about 8500 kg of waste per school, per year!!!

Here are some costs to MUNCH on

Waste-free lunch

\$2.65/an average day
 \$13.25/week
 \$477.00/school year

Regular lunch

\$4.02/an average day
 \$20.10/week
 \$723.60/school year



*Care for
 your child
 and care
 for
 the Earth!*