



# Waste-Free Lunch

CHALLENGE

## Sample Letter to Parents

### Going waste-free for a week

Dear Parent/Guardian:

In an effort to engage students in small environmental initiatives that can have a big impact, our school is participating in the week-long **Waste-Free Lunch Challenge** that begins Monday, October 20, 2014.

The challenge is a province-wide program of the Recycling Council of Ontario. School lunches are a major source of waste in Ontario – the average student’s lunch generates a total of 30 kilograms of waste per school year, or an average of 8,500 kilograms of waste per school per year. With your assistance, we can make a great contribution to reducing waste, every day.



Please help your child pack waste-free lunches for our event and help us fulfill a number of goals:

- ✓ Celebrate and learn about Waste Reduction Week using a “3Rs” approach to reduce, reuse and recycle so that less waste is created from school lunches.
- ✓ Reduce the cost of waste disposal so the school’s resources can be put to better use.
- ✓ Encourage fresh and nutritious lunches (many pre-packaged lunch items contain significant amounts of sodium, preservatives and fat).
- ✓ Broaden the understanding of materials that we can recycle, how recycling works and promote recycling in school and at home.
- ✓ Help you reduce the cost of lunches: a waste-free lunch can cost as little as \$2.50 per day, whereas a regular lunch containing pre-packaged items can cost \$4.50 or more per day.

Parents and Guardians are invited to visit [www.wastefreelunch.com](http://www.wastefreelunch.com) to download various resources and to watch instructional videos about how to shop for and pack a waste-free lunch and for other resources.

Please see our blog at [HID.SCDSB.ON.CA](http://HID.SCDSB.ON.CA) for more tips on creating waste-free lunches. We look forward to your support and hope you will consider packing waste-free lunches on a regular basis following the Waste-Free Lunch Challenge.

Sincerely,

Dr. Gita Wassmer  
Principal



# Waste-Free Lunch

CHALLENGE

## WASTE-FREE LUNCH TIPS

- Get children to help pack their lunches with healthy foods.
- Only pack as much food as your child will eat.
- Use a reusable lunch bag/box for carrying a lunch.
- Use a refillable bottle for drinks
- If you choose to use a single-serving container, please make sure it is recyclable.
- Put sandwiches, muffins, etc. in reusable containers, instead of plastic bags. Label them with your child's name so they have a better chance of coming home.
- Avoid pre-packaged, single-serve portions of snacks.
- Put re-usable napkins in your child's lunch box.
- Prepare extra food at dinnertime and use the leftovers for lunches. Minimize the morning rush by packing lunches the night before and refrigerating overnight.

Yes please	No thanks
REUSABLE lunch container	SINGLE-USE paper or plastic bags
REUSABLE food containers or thermos	DISPOSABLE plastic wrap, foil, wax, or styrofoam
REUSABLE drink bottle or thermos	SINGLE-USE, and non-recyclable containers
CLOTH NAPKIN to wash and re-use	PAPER napkins
CUTLERY/SILVERWARE to wash and re-use	PLASTIC forks/spoons
HEALTHY snacks!	OVER-packaged snacks

More information available at: [www.wastefreelunch.com](http://www.wastefreelunch.com)

