

Reduce

Cut down on packaging and food waste by purchasing fresh produce and bulk bin items and reusing your bags.

Reuse

Pack lunch in reusable containers. Use a refillable drink bottle, a cloth napkin, and reusable utensils.

Recycle

Search out recycle bins instead of tossing recyclables in the trash. If you can't find a recycle bin at work or school, take your recyclables home.

Rot

Use the local green bin program and put all organic material out for weekly collection. Or start a compost pile at home, or school. If you're low on space, opt for a worm bin.



Want more ideas or information?

Visit:

www.scdsb.on.ca

www.wastefreelunches.org

www.laptoplunches.com

www.rosereisman.com

www.tvdsb.on.ca

www.dieticians.ca

www.missionnutrition.ca



Simcoe County
District School Board

Questions? Comments? Concerns?

1. Contact your school principal.
2. Contact Kayla Kalalian, Environmental Systems Coordinator for the Simcoe County District School Board.

Phone: 705-734-6363 ext. 11338

Email: ksecord@scdsb.on.ca

Waste-Free
Lunch Program

Make your lunches waste-free.
Read more to find out how.

Did you know that a child taking a disposable lunch to school creates an average of 67 pounds of waste annually?!

What's a waste-free lunch?



A waste-free lunch filled with nutritious foods in reusable containers.

✓ Waste-free lunches ideally contain no waste at all (besides organic waste from fruit and vegetables)

- ✓ Remember the first R is to Reduce, than Reuse and finally to Recycle
- ✓ While waste-free lunches are the goal we realize that there are times when a student may bring a special treat in disposable packaging. The goal is to reduce waste as much as possible making the disposable packaging a rarity instead of commonplace.

Why pack a waste-free lunch?

More can be recycled! Currently SCDSB is only able to recycle plastics #1 & 2, cans, drinking boxes and glass bottles. This means that a lot of the packaging sent to school has to be landfilled, but if it were returned home it could be recycled properly.

Families save money It is estimated that a lunch packed with prepackaged foods costs over \$4/day whereas a waste-free lunch costs only \$2 which equals a savings of \$600/year for one student!

Waste-free lunches are healthier By packing foods that are not pre-packaged or over processed your child will enjoy a healthier lunch. Plus you will see what foods they are eating when they bring home the leftovers.

Children learn to care for the planet Packing a waste-free lunch is just one way that children can learn to **Reduce Reuse Recycle AND Compost**.

Landfills across North America are reaching capacity New landfills are built farther from the source of the waste, leading to increased disposal fees, truck traffic, air pollution and wear and tear on local roads.

How can I pack a waste-free lunch?

Packing a waste-free lunch may take more time but, given the benefit, it's well worth the extra effort. Here are some tips for making it work:



1. **Pack lunches in the evening** and store them in the fridge overnight.
2. **Involve your children** in packing their lunches.
3. **Maximize leftovers.** Prepare extra servings for dinner. Pack the leftovers in lunchboxes in the evening while you're cleaning up.
4. Stock your kitchen with **fresh fruits, vegetables, whole grains**, and other nutritious foods.
5. **Prepare** pasta, rice or potatoes in advance for a quick lunch.
6. **Buy from bulk food** stores to reduce costs.
7. **Write your name on all of your containers** before leaving the house.
8. **Use an ice pack or thermos** to keep foods at the appropriate temperature.