

PACK  
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# WASTE-FREE LUNCH EVERYDAY!

## 1. REDUCE

### THE OVER-PACKAGED FOOD TRAP

A lunch that contains single-use cartons and pre-packaged snack foods leaves behind plastic, cardboard, foil and other wasteful wrappers that often end up in the landfill.

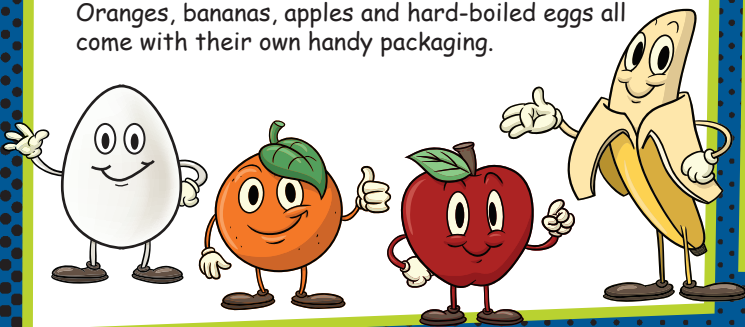
### AVOIDING THE TRAP IS EASY!

#### BULK UP!

Choose to buy food that is not over-packaged like dried fruit, trail mix and other yummy snacks at a bulk food store.

#### LET NATURE WRAP YOUR FOOD FOR YOU!

Oranges, bananas, apples and hard-boiled eggs all come with their own handy packaging.

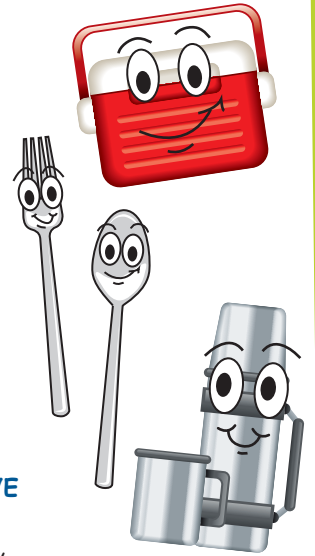


## 2. REUSE

### CHOOSE A PERMANENT PACKAGING SOLUTION

Pack a waste-free lunch using items such as:

- reusable lunch bag or box
- thermoses
- stainless steel water bottles
- reusable plastic containers
- cloth napkins
- reusable utensils



### AVOID THE FEROCIOUS FIVE WEAPONS OF WASTE!

- Plastic: Sandwich Bags, Wrap, Shopping Bags, Utensils
- Styrofoam Containers
- Aluminum Foil
- Throw away Paper Bags and Napkins
- Drinking Pouches

## 3. RECYCLE

### IF A NON-REUSABLE ITEM SNEAKS INTO YOUR LUNCH:

#### RECYCLE:

- pop cans
- plastic containers
- cardboard packaging
- juice boxes

Your school and municipality can tell you what's on the "yes" list.

#### REMEMBER:

Recycling is a great way to reduce the amount of garbage that goes to the landfill, but processing recyclables still uses a lot of energy!



## 4. COMPOST

### BRING YOUR APPETITE!

Only bring as much food as you can finish and place leftovers in a vermicompost bin, municipal organics collection bin or backyard composter.



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## FAST FACTS

### WHY WASTE-FREE?

According to the Recycling Council of Ontario, the average student's school lunch creates about 30 kilograms of waste per year. This means that the average school can produce over 8,500 kilograms of waste every year just from student lunches!

### WASTE-FREE IS LESS EXPENSIVE!

The Recycling Council of Ontario estimates that a lunch that contains processed, pre-packaged foods costs about \$4.50, while the average waste-free lunch can cost as little as \$2.50. Packing a waste-free lunch every school day can save you over \$350 per year!

### GREAT WASTE-FREE LUNCH RESOURCES

Recycling Council of Ontario:  
Waste-Free Lunch Challenge  
[www.wastefreelunch.com](http://www.wastefreelunch.com)

Waste-Free Lunches  
[www.wastefreelunches.org](http://www.wastefreelunches.org)

Ontario Ministry of the Environment  
[www.additupontario.ca](http://www.additupontario.ca)

Cathy's Crawly Composters  
[www.cathyscomposters.com](http://www.cathyscomposters.com)

Waste Reduction Week in Canada  
[www.wrwcanda.com](http://www.wrwcanda.com)

## TEACHER TIPS FOR WASTE-FREE LUNCHES

### PACK IT IN, PACK IT OUT

Asking students to bring a waste-free lunch when your class visits a Toronto and Region Conservation Authority facility is a great way for you and your students to become more mindful of the amount of garbage that is produced during the average lunch hour.

In order to reinforce the waste-free lunch program, if you do produce garbage during your visit, we encourage you to take it back with you to school and use it as another teaching opportunity..."PACK IT IN, PACK IT OUT."

### BEFORE YOUR VISIT

Discuss healthy and environmentally-responsible choices with your students such as:

- What foods could be included on a healthy lunch menu?
- How would you pack these foods to ensure that the lunch is waste-free?

Try a waste-free lunch day with your class. Be sure to communicate your goal of a waste-free lunch hour with parents, administration and fellow teachers.

Plan to bring a small reusable container with you on your trip to collect compostable items, so that they can be brought back to your school or home compost bin.

