



Boomerang and Waste-Free Lunch

Alexmuir encourages our students to reduce food and food-related waste by implementing a waste-free or boomerang lunch program.

A waste-free lunch contains no throwaway packaging and produces no food waste. Food and drinks are packed in reusable containers within a reusable (often insulated) lunch bag. All containers are resealable, so that leftover food and drink can be saved for later.

A boomerang lunch means that any uneaten food and any waste material produced is returned home and is not added to the school's waste collection. It is important that this food and waste packaging be taken home in a resealable container or bag so that lunch bags and backpacks remain clean!

Both a waste-free and a boomerang lunch enable parents to see what their children are actually eating during the day. Waste audits carried out at schools consistently demonstrate that a significant amount of this waste is made up of unopened packaged foods, uneaten fruit, full juice boxes, etc. Uneaten fruit that is added to the school waste can become a wasp hazard, especially in the fall. This organic waste can be returned home and added to the "Green Bin," the Toronto wide organics waste program.

Some Waste-Free Lunch Tips

- Instead of expensive plastic sandwich bags, one reusable container can be used for packing snacks, sandwiches, etc. No more squished food!
- Cut fruit and vegetables into pieces so that some can be eaten at lunch and the rest saved for a later snack.
- Prepare extra food at dinnertime and use the leftovers for lunches.
- Label all containers to ensure that they return home if lost.
- Minimize the morning rush (when you'll reach for the convenience, over-packaged items) and pack lunches the night before and refrigerate overnight.
- Avoid drinks in packaging that cannot be resealed. After a few sips, drinks are often discarded.

