

Waste-free Lunches

Pack a lunch that leaves no waste!

A waste-free lunch will make it easy to reduce our waste. There would be a lot less garbage going to landfills if every student, teacher and parent packed a waste-free lunch. Imagine the positive impact we can have on the environment by reducing our waste!



Use these items to pack a waste-free lunch:



Reusable lunch bag



Reusable containers



Reusable water bottle



Reusable cutlery



Cloth napkin

Everything in a waste-free lunch can be
EATEN, REUSED, RECYCLED OR COMPOSTED!

REMEMBER: Buy food and snacks in bulk! This helps to reduce waste at home and at school. Avoid buying food in single-serve packaging. Not only does it create more garbage, it often is more expensive.

The following items go in the garbage:



Bags and wrappers
(chip bags, granola
bar wrappers, yogurt
tubes, etc.)



Plastic
baggies



Drinking
pouches



Municipality of
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Get Top Marks For Healthy Lunches

Looking for ways to make brown bag lunches that everyone will like? Here are some tips to help you pack lunches that are quick to put together, and include foods that everyone will like.

- Invite your child to become a lunch-making chef. It's a great time to enjoy each other's company and a great opportunity to develop food skills and learn about healthy eating. If you have a fussy eater you can help them create new ideas using their favourite foods and maybe even add a few new ingredients!
- Have lunch making gear on hand. Set up a lunch drawer that contains all your packaging needs: insulated lunch bag, reusable containers, forks, spoons, and cloth napkins.
- Pack lunches the night before. This can help to avoid the morning rush.
- Portion foods like crackers, cut-up vegetables and fruit, trail mix or cheese cubes ahead of time so that they can be quickly packed into lunches.
- Make larger portions of recipes. Freeze individual portions for the school day. They can be reheated in the morning and stored in a thermos.
- Open up a cookbook. Spend time with your children looking at kid's cookbooks, and experiment with a few new recipes. Try them out at home first, before you pack them in the lunch box.
- Avoid foods that are messy, get mushy or have a strong smell.

Leftovers

- Vegetarian chilli, small whole wheat roll with slices of hard cheese, fruit cup, water
- Curried beef with vegetables, pita wedges, kiwi, small banana muffin, milk
- Pasta salad with vegetables and black beans, tomato wedges, chocolate milk

Fun Sandwiches and Wraps

- Whole wheat bagel with sliced hard boiled egg, strawberries, yogurt, juice
- Leftover chicken stir fry wrapped in a whole wheat tortilla, a nectarine, milk
- Whole wheat pita pocket with hummus, green and red pepper slices, milk

Tasty Tidbits

- Include bite-size vegetables such as baby carrots, cherry tomatoes, red pepper slices
- Include easy to eat fruit like grapes, melon slices, orange wedges
- Choose water over juice or other sweetened beverages (punch, drink, pop etc.)

Pack Safely

- Wash hands before, during and after food preparation.
- Use a small freezer pack and an insulated lunch box or bag.
- Wash all fruits and vegetables thoroughly.
- Prepare meat sandwiches and other cold foods the night before. Leave them in the refrigerator overnight to chill well.
- Make sure hot foods are steaming hot when they go in a thermos. Pre-heat thermos with boiling water.
- Use fresh ingredients or leftovers that are not more than one day old.
- Clean lunch boxes or bags, food containers and utensils every day.
- Food wrapping should not be reused. They can carry bacteria.

