



Waste Reduction Week October 19–25, 2009

Waste-Free Lunch Guidelines:

What your school needs to know to encourage waste-free lunches:

Why Waste-Free Lunches?

- o To reduce waste produced in schools in a practical way.
- o To demonstrate how each one of us can make a difference through our own choices and actions.
- o To raise awareness of the amount of waste created by food packaging and how easy it is to reduce it.

What does a waste-free lunch look like?

- o Lunch is brought in a reusable bag or lunch box.
- o Food is packed in reusable containers (without plastic wrap, foil, plastic bags, single-serving containers, pre-packaged foods).
- o Food scraps could be composted at school or sent home (hopefully to be composted).
- o Drinks are brought in a re-usable bottle (single-use containers like aluminum cans, drink boxes, bottled drinks are avoided). Any single-use beverage containers that do get used are recycled.
- o Any eating utensils are reusable, napkins are cloth.

How does it work?

- o Staff, students and parents are made aware of the lunch through announcements, meetings and notices sent home.
 - o *Elementary Schools:* We have created a sample letter to parents that you can easily adapt for your own school. Download it at www.saskwastereduction.ca/wrw-activities under the Waste-Free Lunch tab.
 - o *High Schools:* We recommend that the Student Council or school Environmental Club be put in charge. Be creative and get everyone involved!
- o Garbage cans could be turned over or removed from where lunch is eaten as a reminder.
- o Staff, students and parents are commended for their participation.

Register your Waste-Free Lunch at www.wrwcanada.com We want to know you participated!