



**SMB EarthCARE Week
Litterless / Waste Free Lunch Week
April 16th – April 20th**



Dear Parent/Guardian:

Our school is holding a litterless / waste free lunch week as part of the Ontario Waste Free Lunch Challenge (WFLC) and as a part of our ongoing EarthCARE initiatives.

The Ontario Waste Free Lunch Challenge is a province-wide initiative sponsored by the Ministry of Environment, the Recycling Council of Ontario, and Ontario EcoSchools. School lunches are a major source of waste in Ontario – the average student’s lunch generates a total of 30 kilograms of waste per school year, or an average of 8500 kilograms of waste per school per year.

Please help your child to pack a waste free lunch for our event. Each day, we will be having “Healthy / Litterless Lunch & Snack Attacks” where student leaders will be coming around to award prizes for students who have packed healthy and “litterless” snacks and lunches.

The goal of the week is to:

- ✓ Celebrate and learn about Earth/Pitch-in Week by reducing the amount of waste we create.
- ✓ Reduce the cost of waste disposal so the school’s resources can be used for other things.
- ✓ Encourage healthy and nutritious lunches (many pre-packaged lunch items contain significant amounts of sodium, preservatives and fat)
- ✓ Help you as a parent to reduce the cost of lunches (a waste free lunch can cost as little as \$2.50 /day, whereas a regular lunch containing pre-packaged items can cost \$4.50 or more per day)

You can visit the WFLC website at www.wastefreelunch.com for more details about the program.

Here are some waste-free lunch packing tips:

Yes please	Please avoid
REUSABLE lunch carrier	AVOID paper or plastic bags
REUSABLE container (Tupperware, plastic)	AVOID plastic wrap, foil, wax, or styrofoam
REUSABLE drink bottle or thermos	AVOID single-use cans, bottles, or cartons
CLOTH NAPKIN to wash and re-use	AVOID paper napkins
SILVERWARE to wash and re-use	AVOID plastic forks/spoons
HEALTHY snacks!	AVOID over-packaged snacks

Please see the back of this note for more tips on creating waste free lunches. Thank you for your support. We hope you will consider packing litterless / waste free lunches on a regular basis.

Sincerely,

Derek DeLarge
Principal

Litterless / Waste Free Lunch Tips

- Get children to help pack their lunches with healthy foods.
- Only pack as much food as your child will eat.
- Use a reusable lunch bag/box for carrying a lunch.
- Label all containers so they have a better chance of coming home.
- Use a refillable bottle for drinks – it's cheaper and kids can save drinks for later! Avoid drinks in packaging that cannot be resealed. After a few sips, drinks are often discarded.
- Use a thermos for cold drinks or hot soups.
- Put sandwiches, muffins, etc. in 'tupperware'-style containers, instead of plastic bags.
- Re-use plastic margarine tubs or washed milk bags for veggies & trail mix.
- Avoid pre-packaged, single-serving portions of snacks or drinks.
- Cut big items up so you kids save food for after-school snacking or recess.
- Put re-usable cutlery and napkins in your child's lunch box.
- Prepare extra food at dinnertime and use the leftovers for lunches.
- Minimize the morning rush (when you'll reach for the convenience, over-packaged items) and pack lunches the night before and refrigerate overnight.
- Include fresh fruit and vegetables for a healthy lunch!