

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!