



Litterless lunches reduce packaging waste, are wallet-friendly and are a healthier choice!



It also teaches kids how to plan lunches and make smart food choices.



**Here's some easy ways to pack your litterless lunch:**

- ◆ Use reuseable lunch box, or lunch bag
- ◆ Use reuseable lunch containers
- ◆ Use reuseable water bottle or thermos
- ◆ Use a cloth napkin to wash and reuse
- ◆ Use non-disposable cutlery to wash and reuse
- ◆ Choose healthy snacks that are compostable

**Food Safety is always important.**

It's always best to pack foods that are safely kept at room temperature. For foods that need to be kept cold, place a reusable freezer pack directly in your lunch container.

**Say "No thank you" to these items:**

- ◆ No paper or plastic bags
- ◆ No plastic wrap, foil, wax or styrofoam
- ◆ No single-use cans or juice boxes
- ◆ No paper napkins
- ◆ No plastic forks or spoons
- ◆ No overly packaged/processed snacks



An average student lunch generates 66 lbs. of waste per school year. That adds up to 20,000 lbs. of waste per school!





# Helpful Tips to make your lunch litterless:

- ◆ Be creative! Have kids help choose and pack their own healthy, litterless snacks and lunch choices.
- ◆ Choose a lunch bag that is big enough to pack all your reusable lunch containers and an ice pack.
- ◆ Buy inexpensive reusable cutlery at a dollar store (snap-together camping cutlery works great!)
- ◆ Make sure to use BPA-free reusable water bottles (juice boxes are pricey and cannot be recycled!).
- ◆ Make sandwiches and pack thermoses with leftovers the night before.
- ◆ Buy large bags of snacks and yogurt and dispense them into smaller reusable containers.
- ◆ Cut fruit and vegetables into bite-sized chunks (fruit should be cut up the day it will be eaten) and dispense them into smaller reusable containers.
- ◆ On Sunday, pack up all snack and veggie containers for the week.
- ◆ Pack a cloth napkin and or make your own wet wipe with a washcloth soaked in soapy water, kept in a waterproof reusable container.
- ◆ Pack what your child likes to eat, keep it simple and stick with it. With a bit of organizing, litterless lunches can be quickly assembled on a busy morning.

## Menu ideas:

- ◆ On the weekend, make a batch of oatmeal cookies, ginger snaps, muffins, granola bars or rice krispie squares.
- ◆ Before the school week; make a batch of macaroni and cheese, a pot of chili, stew or your child's favorite soup.
- ◆ Chop assorted vegetables, put in them into small containers, then store them in the fridge.
- ◆ On the day of school, cut up bite sized peices of fruit and put in them into a small reusable container.



Let's make...  
**Litterless  
Lunches**

- ◆ Buy bulk granola, nuts or dried fruit
- ◆ Buy large containers of yogurt or applesauce
- ◆ Buy large bags of whole wheat crackers, goldfish crackers or pretzels
- ◆ Buy a large bar of cheese and cut into small pieces
- ◆ At dinnertime, make extra dinner to pack into a reusable container, ready for the next school day.

**Thank you for being kind to the environment!**

Be kind to the environment. Pack litterless!

Hamilton Conservation Authority



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