



Let's make... Litterless Lunches

Be kind to the environment. Pack litterless!

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.



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- ◆ 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!

