

## Ten tips to a "Green " Lunch

- 1) Ditch the brown bag: use a reusable lunch bag and prevent more than 50 lbs of waste in one school year. There are many colourful lunch bags available.
- 2) Use reusable or bamboo utensils: plastic utensils are not biodegradable and plastic incineration causes green house gases. Try bamboo utensils or have metal flatware dedicated to lunches.
- 3) Pack food in reusable containers: BPA free plastic containers are available and can be washed and reused over and over again.
- 4) Use cloth serviettes (napkins) instead of paper: be creative, even bandanas can be used as a serviette. Make your own or get colourful ones that add colour to the lunch! Wash at home with your normal laundry load.
- 5) Skip juice boxes and bottled drinks: invest in a stainless steel water bottle for water or juice. Have your child buy milk at school, which is subsidized and much cheaper than you sending it to school. Have your child bring home the empty milk carton to recycle in your blue box.
- 6) Buy snacks in bulk and put in your reusable containers to avoid wasteful individualized plastic packaging. Saves money for you and reduces waste.
- 7) Pack "Green" foods: Fruits and veggies in season are the ultimate fast food that comes in its own compostable packaging. Have your child bring the peel/core home to compost or compost at school if that is available.
- 8) Encourage "Litterless Lunch" days at school and help out with recycling, gardening or composting in the school community. Help your school provide students and family's tips for how to pack a litterless lunch.
- 9) Make lunch from scratch! Avoid processed and pre-packaged foods. Use your leftovers for lunches.
- 10) For adults who love coffee or tea, use a reusable insulated mug when making or buying your beverage and set a good example for the children. (from <http://school.familyeducation.com>)

