



The *Food for Thought* program supports efforts to provide healthier food and a healthier environment for our children.

One way to cut down on waste and improve the quality of lunches brought from home is to take special care in what you pack and how you pack your child's lunch. "Trash-free" lunches are the first step in *Food for Thought's* solid waste reduction efforts. Please use this Friday, Earth Day 2005, as a starting point for introducing your children to a healthier future on a healthier planet.

THE TRASH-FREE LUNCH

A child taking a disposable lunch to school creates an average of **67** pounds of lunch waste annually!

WHY PACK A TRASH-FREE LUNCH?

* Landfills across North America are reaching capacity

* Children learn to care for the planet

* Schools save money

(money spent on waste hauling can be used in the classroom)

WHAT IS A TRASH-FREE LUNCH?

❖ Start with a reusable lunchbox

[avoid disposable plastic and paper bags]

❖ Pack your food in reusable containers

[avoid plastic wrap, aluminum foil, prepackaged foods]

❖ Include a drink in a refillable bottle

[avoid juice boxes, drink bottles, cans, pouches]

❖ Add reusable utensils and use a cloth napkin

A TRASH-FREE LUNCH DOESN'T HAVE TO BE TIME CONSUMING

☛ Pack lunches the night before & refrigerate

☛ Maximize leftovers : pack them in lunchboxes

☛ Have on hand : fresh fruits, vegetables, nuts, dried fruit

VISIT THESE TWO WEBSITES FOR MORE INFORMATION:

www.laptoplunches.com for

- waste-free lunch kits
- nutritious lunch ideas
- creative lunch menus
- kid-friendly recipes
- school programs
- free e-newsletter subscription

www.wastefreelunch.org for

- tips for implementing a waste-free lunch program
- waste-free lunch success stories
- strategies for reducing waste
- lunch waste statistics