



# SUPPORTING A SAFE AND HEALTHY RETURN TO SCHOOL

## Litterless Lunch Program

Our safety protocols focus heavily on enhanced cleaning practices in our schools. To support these efforts, we are implementing a Litterless Lunch Program. This is a practical way you can assist our efforts in promoting a safe and healthy school environment.

### THE DETAILS

To reduce waste and to maintain safety, students will not dispose of any of their lunch items at school. This means all wrappers, packages, and uneaten food will return home in student lunch kits each day.

### THE PURPOSE

Less waste means less time is needed to collect and dispose of classroom waste. This frees up time for custodians to focus on cleaning high touch surfaces to promote a safe and healthy school environment.

### GO GREEN

Litterless Lunch Programs encourage the use of re-useable containers so overall waste is reduced. The NCDSB is committed to environmental sustainability and this program is a practical way for all students to reduce their environmental impact.

### FOOD FOR THOUGHT

The average student lunch generates 66 pounds of waste per school year. That can add up to 120,000 pounds of waste across our school board! Small changes can have a significant impact on these numbers.

### SAVE \$\$

Litterless lunches are often cheaper than traditional lunches. Juice boxes and individually packaged snacks are usually more expensive than bulk products. Savings could exceed over \$200 per school year!  
([wastefreelunch.org](http://wastefreelunch.org))

### THE VERDICT

Our Litterless Lunch Program will support enhanced cleaning in schools, creating a safer and healthier environment. Litterless lunches are also better for our environment and can save you money. Win, win, win!

## GETTING STARTED

As part of your back to school shopping, pick up a re-usable water bottle, lunch bag, and a variety of re-usable containers of different sizes. Dollar stores have economical options to support this program. Fancy lunch kits are not required. Then review our tips to help you plan for a successful Litterless Lunch experience!

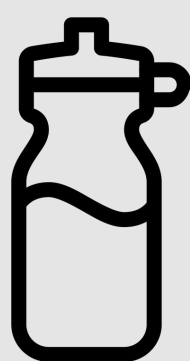
# TIPS FOR AN EASY LITTERLESS LUNCH

Choose a few to try and get on board!



## 1 AVOID PACKAGING

Buy food your child enjoys that can be packed in reusable containers. Avoid pre-made kits that come with plastic and cardboard packaging, or single-serving pre-packed snacks.



## 2 PROMOTE WATER

Find a re-usable water bottle and encourage your child to fill it up at school for lunch and for drinking throughout the day. Other beverages can be enjoyed at home.



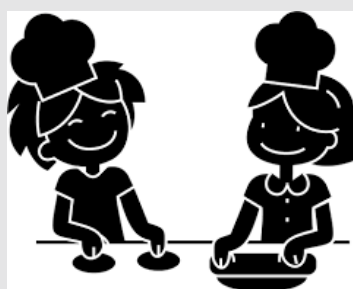
## 3 BUY IN BULK

Buy larger containers of foods your child enjoys and dispense them into smaller re-usable containers. This works for yogurt, applesauce, pretzels, crackers, and other common individually packaged lunch items.



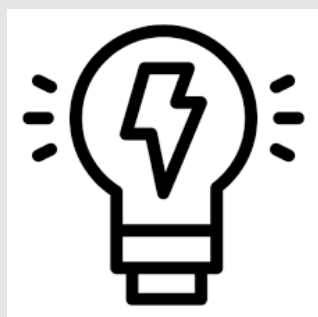
## 4 PREPARE IN ADVANCE

Pack up snack and veggie containers for the entire week on Sunday so you can add them easily each day. Make sandwiches the night before and prepare foods like soups and leftovers so they can be heated quickly in the morning and placed in thermoses.



## 5 WORK WITH YOUR CHILD

Help your child select food items they love and give them responsibility for helping to prepare a littlerless lunch. Have them pack their lunch bag each night. Review the contents that come home each day to see what worked - and maybe what didn't!



## 6 GET CREATIVE

Think outside of the typical lunch box! It's okay to pack items that your child loves but that might not seem like typical school-lunch fare. Cereal and milk, chili, soup, stew, scrambled eggs, bagels, muffins - the only limit is finding a way to pack it up safely!

**PACK IT UP- WITHOUT THE WASTE!**