

HEALTHY LITTERLESS LUNCHES

HEALTHY EATING WEEK OCTOBER 5 - OCTOBER 9, 2009

What is a Litterless Lunch?

A Litterless Lunch is one where there are limited or no throwaway materials, disposable packaging materials (waste). Students and staff are encouraged to bring their lunch in reusable containers and reuse or recycle all the items used in packing their lunch.


How can my school participate?

Fill out the registration form attached in this email. Fax or email the form to the Healthy Eating Alliance **by noon Fri., October 2, 2009**. Registration form is to be filled out by each participating class in your school to be entered into prize draw!

How will I spread the word?

- Send the "Parent Information - Litterless Lunches" handout home one week prior to Healthy Eating Week.
- Inform and get students excited about learning how they and their family can work together to bring a litterless lunch.
- Use a scale in your school or bring in a **scale from home**. Choose two days of the week (eg. Wednesday and Thursday) between Sept 28 and Oct 2 to weigh garbage. Choose the same two days (eg. Wednesday and Thursday) of the following week to weight the garbage. Record and report finding to your class and on the attached evaluation form.
- Share ideas with your class and have them discuss ideas of how to make their lunch more environmentally friendly.
- Use the information included in this package to inform and encourage children to continue to reduce litter at home and at school.

Here are some activities/discussions you could do with your class:

Discussion	Activities	Follow-up activities:
<ol style="list-style-type: none"> 1. Brainstorm the type of packaging that exists for food. Get students to think about the foods they already eat and how they could reduce the litter they bring in their lunch (e.g. use reusable container rather than plastic baggies for carrot sticks) 2. Discuss the pros and cons of food packaging, and the environmental, health and economic issues. 3. Discuss the different ways that people can pack lunch without all this packaging. Think about the "homemade" equivalent for all the items described above. 4. Look at different alternatives to carrying lunches (lunch boxes, reusable lunch bags) 	<ol style="list-style-type: none"> 1. Have groups of students look at each other's lunches. Have students in the groups come up with alternatives to make it a litterless lunch. 2. Students can draw their new lunch plan, along with litterless options. <p>Other useful resources:</p> <ol style="list-style-type: none"> 1. Earth Care Canada: http://www.earthcarecanada.com/EarthCARE_Program/Lessons/Litterless_Lunch.pdf 2. Litterless Lunch and Waste Reduction Resources: http://www.wastefreelunch.com/images/documents/WFLCLinksResources.doc 3. Litterless Lunch Teaching Guide: http://www.tol.ca/files/web_files/engineering/adopt/LitterlessLunchPack.pdf 4. Energy Coalition of PEI - ECO PEI www.ecopei.ca <div style="text-align: center;">  </div>	<ol style="list-style-type: none"> 1. Monitor the amount of garbage left after one week of typical lunches. Compare that to the amount of garbage left after one week of Litterless lunches. What did they find out? 2. Estimate how much garbage was collected from lunches after one week, one month, and then after one school year. 3. Look at packaging for other items in homes - food, toys, gifts, and discuss the impacts of that packaging and ways to reduce those items. 4. Everything comes in packages; as consumers, what can we do to reduce waste in pre-packaging? - Discuss consumer power. 5. Have groups discuss/illustrate/brainstorm the energy used with a pre-packaged lunch and a litterless lunch. Have groups to present their ideas and share with others. 6. Cost Comparison Activity - Have students compare cost of convenience pre packaged foods/meal vs non prepackaged and brought from home.

REGISTRATION FORM

HEALTHY EATING WEEK LITTERLESS LUNCH CHALLENGE

My grade _____ class will be participating in the *Litterless Lunch Challenge* to celebrate **Healthy Eating Week from October 5 to October 9, 2009.**

Teacher: _____

School: _____

Thank you for your participation!
All classes that register will be entered into a draw for a classroom prize!

Please email or fax this form to the
PEI Healthy Eating Alliance by noon on Friday, October 2, 2009
Phone: 620-3672 Fax: 368-4548 Email: sherry@healthyeatingpei.ca



EVALUATION
HEALTHY EATING WEEK LITTERLESS LUNCH CHALLENGE
OCTOBER 5 - OCTOBER 9, 2009

Statement	Strongly Disagree -----Stongly Agree				
1. I used the background information and suggested learning activities	1	2	3	4	5
	comments:				
2. I found the information understandable and easy to follow	1	2	3	4	5
	comments:				
3. Most of the students participated in the litterless lunch challenge	1	2	3	4	5
	comments:				
4. The challenge helped to increase students' knowledge and interest in healthy eating	1	2	3	4	5
	comments:				
5. The challenge helped to increase students' knowledge and interest in the environment	1	2	3	4	5
	comments:				
6. I plan to continue to promote litterless lunches in the future	1	2	3	4	5
	comments:				
7. The students enjoyed the litterless lunch challenge	1	2	3	4	5
	comments:				
8. I would recommend the Healthy Eating Alliance to do this challenge again in schools	1	2	3	4	5
	comments:				
9. My class had less waste during litterless lunch week than the week before	1	2	3	4	5
10. My class tended to bring healthier food items in their lunches	1	2	3	4	5

If your class weighed thee waste please report the following:

Weight of garbage (waste) **before**: _____

Date: _____

Please note any changes you identified:

1. Eating/Food Choices:

Weight of garbage (waste) **after**: _____

Date: _____

2. Amount of Waste:



THANK YOU FOR YOUR PARTICIPATION!!
Please fax Attention: Healthy Eating Alliance 902-368-4548