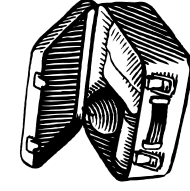


Save time packing lunches!



- A. Pack lunches the night before and keep them in the refrigerator.
- B. Teach children how to pack healthy, litterless lunches and then let them help make their own lunches. Children can help by:
 - ✓ Choosing healthy foods for lunches and snacks.
 - ✓ Washing their reusable lunch containers or rinsing them and putting them in the dishwasher.
 - ✓ Ensuring ice packs from the day are put into the freezer when they get home.
 - ✓ Place recyclables in the recycle bin and compost items in compost.
 - ✓ Add ice pack to lunch just before leaving the house.
 - ✓ Be responsible to place their own lunchbox near the door or take to the car.
- C. Keep an empty grocery list on the fridge, add foods and supplies to the list as you think of them.
 - ✓ Allow children to add items to the list as they think of other healthy foods they would like to try in their lunches.
- D. Keep a separate area for lunch items in the cupboard, drawers or fridge. Keep it well stocked with healthy lunch items.



Getting Involved!

How can my school/class participate?

- ✓ Fill out the registration form (found in the teacher information). Fax or email the form to Sherry O'Keefe at **368-4548** sherry@healthyeatingpei.ca by noon on Friday, October 2, 2009
- ✓ Send parent letter home one at least one week prior to Healthy Eating Week
- ✓ For more information and resources check out the links provided in teacher information or go to www.healthyeatingpei.ca.
- ✓ Get children excited about helping their environment. Share ideas to help reduce waste in their lunches, healthy foods to pack and other ways they can help reduce waste at home and at school.
- ✓ Links provided in teacher information has many great ideas and activities to do with your class.

When you register, your class will be entered into a draw for a prize!



Please visit www.healthyeatingpei.ca

for more healthy eating ideas, recipes, and more!



promotes

Healthy LITTERLESS

Lunches

during Healthy Eating Week

October 5—October 9



All Elementary and

Consolidated Schools are

invited to participate in our

first Litterless Lunch Challenge

to celebrate Healthy Eating

Week!!

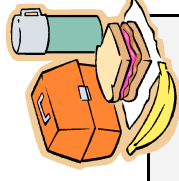
Enter your class for a chance

to win a great prize!

LITTERLESS LUNCH

TAKE THIS

LEAVE THIS



What is a Litterless Lunch?

A Litterless Lunch is one where there is limited or no waste at the end. Students and staff are encouraged to bring their lunch in reusable containers, packaging, utensils and napkins. This will allow all or most items to be reused or recycled.

Pack a Litterless Lunch for:

- School
- Work
- Travel
- Park
- Family Outings
- Picnics
- Day Hikes
- Outdoor activities
- Field Trips



REDUCE—Limit use of plastics, single use containers, foil and other wrappers. Instead purchase in bulk and portion out yourself.

REUSE—Pack lunch in a reusable container. Use a refillable drink bottle, a cloth napkin and reusable utensils.

RECYCLE— Search out recycle bins instead of tossing recyclables in the trash. If you can't find a recycle bin take your recyclables home.

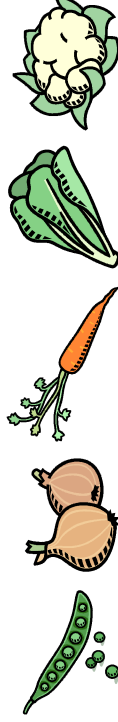
Try to use **Reusable containers whenever possible**

ROT/COMPOST—Start a compost pile at home, work or school. Make sure to put your leftover food in a compost bin.



Litterless Lunch

- Sandwiches in reusable containers
- Fresh fruits/vegetables in reusable lunch containers
- Fruit/vegetables with natural packaging (banana, orange, kiwi, baked potato, etc)
- Yogurt, applesauce and pudding in reusable container and pre-portioned at home from a larger container
- Crackers, pretzels and other snack foods in reusable containers
- Reusable drink containers
- Stainless-steel forks and spoons
- Cloth napkins
- Reusable lunchboxes, thermos



A Typical Lunch

- Sandwiches in disposable plastic bags
- Vegetables and Fruit in plastic bags
- Pre-packaged chips, cookies, fruit bars, granola bars, cheeses, and fruit leathers
- Single-use yogurt, apple-sauce, and puddings
- Crackers, pretzels, and other snack foods sealed in plastic bags
- Disposable juice boxes, juice pouches, juice cans, water bottles, and milk cartons
- Plastic forks and spoons
- Paper napkins
- Disposable paper and plastic bags