

Dear Parent,

The PEI Healthy Eating Alliance (HEA) promotes Healthy Eating Week every year. Healthy Eating Week is October 5 - October 9, 2009. To help celebrate this week your child's class has decided to participate in a ***Litterless Lunch Challenge***. During this week, please help your child to bring a lunch that has little or no waste or packaging.

A Litterless Lunch is packed using reusable containers rather than disposable bags, disposable containers and packaging or single serving items. You will find that although it takes a little more work to pack a litterless lunch, in the long run, these lunches are healthier and will save you money!

Remember that even if a complete litterless lunch is not possible everyday, any attempts to create less litter in lunches is appreciated. The use of recyclable containers and compostable items are also preferred.

Thank you for your support with the Healthy Eating Alliance ***Litterless Lunch Challenge***.

Kindly,

PEI Healthy Eating Alliance
www.healthyeatingpei.ca



Helpful Tips for Parents

Healthy Litterless Lunches!!

- Start with reusable drink and lunch container(s), reusable lunch bag, ice pack, reusable utensils and a washable cloth napkin or face cloth.
- Aim to pack a lunch that includes at least one item from each of the 4 food groups. (e.g. turkey sandwich on whole wheat bread, cucumber slices, apple, and cheese/milk/yogurt).
- Pack two pieces of vegetables and/or fruit.
- Be aware of any guidelines the school has implemented, including allergy and nutrition policies.
- Involve your child in the lunch making process. Allow them to help choose healthy foods for lunches and snacks.
- Provide water, milk, or 100% juice to drink in reusable drink containers (limit juices that are labeled punch, drink mix, or cocktail).
- Avoid or limit products such as pop, chips, chocolate bars, candy, and sports drinks.

Save time packing lunches!

- A. Pack lunches the night before and keep them in the refrigerator.
- B. Teach children how to make nutritious, litterless lunches and then let them take the lead to make their own lunches. Children can also be responsible for other lunch duties such as:
 - Wash reusable lunch containers or rinsing them and putting them in the dishwasher.
 - Ensure ice packs from the day are put back into the freezer when they get home.
 - Pick out reusable lunch containers.
 - Help choose healthy foods for lunch and snack.
 - Place recyclables in the recycle bin and compost items in compost.
- C. Make your own healthy foods list that your children can use to help select food choices.
- D. Use a grocery list to save time and money at the grocery store. Keep a running list throughout the week to add food and supplies as you think of them.
 - Allow your children to add items as they think of healthy foods they want to try.
- E. Keep a separate area for lunch items in the cupboard, drawers or fridge, and keep it well stocked.



Please visit www.healthyeatingpei.ca for more healthy eating ideas, recipes, and more!

