

Zero-Waste Lunch? No Problem!

Here are some Tips and Resources

WASTE-FREE LUNCH

- Durable, reusable lunch containers
- Reusable water bottle, thermos
- Washable silverware
- Cloth napkins
- Tupperware, reusable food container or thermos
- Healthy snacks

DISPOSABLE LUNCH (TO AVOID)

- Single-use plastic or paper bags
- Drink boxes, cans, and plastic bottles
- Disposable cutlery
- Paper napkins, towels or tissues
- Cling wrap, wax paper, Styrofoam, foil
- Packaged snacks

1. Involve your kids in the waste-free lunch goal. Get them to help pack their lunches with healthy foods. "Letting them make their own lunch (with boundaries of course!) allows them to pack the food they will actually eat."

2. Purchase in bulk, and portion out in small containers. Only pack as much food as your child needs.

- Buy a large yogurt and put smaller portions in a container. Add 1 tsp of jam to plain yogurt to make it flavored..
- Cut up and pack fresh fruits for snacks instead of canned fruits or fruit cups.
- Make your own granola bars,, muffins or other snacks and pack them in reusable containers.

3. Label all containers to make sure everything gets back home!

4. Make lunch fun and creative. Try making a bento box lunch or Mason jar lunches for older kids.

5. Leftovers are gold: Prepare extra food at dinnertime and use the leftovers for lunches.

6. Avoid the Morning Rush: prepare lunches the night before to prevent morning rushes.

FOR MORE INFORMATION

Visit these Websites:

[Waste Free Lunches](#)

[Top 10 Waste-free Lunch Tips](#)

[Waste-Free Lunch Challenge Canada](#)

[Zero-Waste School Lunches](#)

Get Inspired

WITH THESE RECIPES AND LUNCH-MAKING TIPS

Click [here](#) to read "A Dietitian Mom's Top 5 Tips to Simplify School Lunches." It features many great lunch ideas.



To read a registered dietitians' article "*Healthy School Lunches Made Easy*" click [Here](#).

Find out What Some Dietitians Pack their Kids For Lunch and click [here](#).



For another useful dietitian's resource on **how to make school lunches**, click [here](#).

