

LITTERLESS LUNCHES

FACT:

One child can produce more than his or her own body weight (67 lbs) in garbage per year with disposable lunches. Multiply that by 25 kids!

What is a Litterless Lunch?

Litterless lunches are a practical way to reduce the consumption of non-renewable resources by utilising reusable containers and recycling or composting waste that could otherwise pollute the air or cause climate change by increasing gas emissions.

What's in a Litterless Lunch?

Litterless Lunches are composed primarily of things like:

- Reusable lunch box or bag (*can be a cloth bag made at home!*)
- Reusable containers (*tupperware, tiffins*)
- Reusable beverage containers (*thermos, water bottles*)
- Fruit and vegetable snacks (*apple, banana, carrots - compostable*)
- Reusable cutlery
- Cloth napkin

Things to Avoid:

- Single use packaging (*plastic wrap, pudding cups*)
- Prepackaged snacks (*cookies, chips, crackers etc*)
- Single serving beverages (*juice boxes*)
- Plastic or paper bags
- Paper napkins



part of the healthy
daycare program