

Dear Parents/Guardians,

Did you know that in Quebec, we produce enough garbage to fill the equivalent of 5 million garbage bags A DAY!? Dante would like to give the environment a break and cut down on the amount of garbage we throw out.

We will be holding our next WASTE-FREE' lunch days, **Thursday, February 26th** and **Wednesday March 11th**. The goal of the day is to:

- Learn about the amount of waste we create.
- Encourage healthy and nutritious lunches

To help you in making good choices for a 'WASTE-FREE' lunch, here are a few lunch packing tips:

Yes please	Please avoid
REUSABLE lunch carrier	AVOID paper or plastic bags
REUSABLE container (Tupperware, plastic)	AVOID plastic wrap, foil, wax, or styrofoam
REUSABLE drink bottle or thermos	AVOID single-use cans, bottles, or cartons
CLOTH NAPKIN to wash and re-use	AVOID paper napkins
SILVERWARE to wash and re-use	AVOID plastic forks/spoons
HEALTHY snacks!	AVOID over-packaged snacks

Thanks to Upper Grand, Toronto and Durham District School Boards for use of their resources.

Children ordering hot lunches can participate in the WASTE-FREE lunch event by bringing in re-usable utensils and napkins to cut down on plastic waste (then to be returned home for washing).

When planning lunches for your children, please help us minimize food and packaging waste by packing a 'WASTE-FREE' lunch as often as you can!

Together we can make a difference! Thank you for your support.

A. Buchanan
Principal

I. Pisano
Vice-Principal

Please see the back of this letter for more tips on creating waste-free lunches. Here are a few suggestions for making it work:

- o Only pack as much food as your child will eat.

- Use a re-usable lunch bag/box for carrying a lunch.
- Label all containers so they have a better chance of coming home.
- Use a refillable bottle for drinks – it's cheaper and kids can save drinks for later.
Avoid drinks in packaging that cannot be resealed. After a few sips, drinks are often discarded.
- Use a thermos for cold drinks or hot soups.
- Put sandwiches etc. in 'tupperware'-style containers, instead of plastic bags.
- Avoid pre-packaged, single-serving portions of snacks or drinks. They generate an enormous amount of trash and also cost more.
- Cut big items up so you kids save food for after-school snacking or recess.
It's easier to eat a wedge or two and then resealed the container for later.
- Put re-usable cutlery and napkins in your child's lunch box.
- Prepare extra food at dinnertime and use the leftovers for lunches.
- Minimize the morning rush (when you'll reach for the convenience, over-packaged items) and pack lunches the night before and refrigerate overnight.

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