

STUDENTS:

do I have a:

- Reusable bag or lunch kit?
- Reusable bag or container for my food items?
- Reusable fork or spoon?
- Reusable bottle for my drink?
- Can I recycle the packaging in my lunch (does it have a recycling symbol)?

If you answered YES to four or more questions – congratulations, you packed a waste-free lunch.

If you answered NO – don't worry, include a reusable item in your next lunch and you'll be on the right track.

Try the EcoFootprint calculator made especially for kids at: calgary.ca/footprint

My EcoFootprint is

According to the ActionTracker, what are the **three things** you can do at home or at school to reduce your EcoFootprint?

1.
.....
2.
.....
3.
.....

Share your results with us. Email footprint@calgary.ca

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thank you to our supporters:



waste-free lunch program

AT COMMUNITY EDUCATION SITES



find out how to save up to **\$246.60**/yr making lunches waste free

TEACHERS:

how can my class participate?

The **waste-free lunch program** is a joint effort between supporting SERG* community education sites, ConocoPhillips Canada, The City of Calgary, Clean Calgary Association and local school boards.

This program will launch in October during Waste Reduction Week. Teachers and students are encouraged to bring a **waste-free lunch** when they visit participating sites: The Glenbow Museum, Fort Calgary and TELUS World of Science.

- * Encourage class participation.
- * Send this flyer home with your students.
- * Use this program as an extension to your classroom waste-free lunch program.
- * Share this program with other teachers and schools.
- * Offer feedback on your experience. Email footprint@calgary.ca

*SERG – Society of Educational Resource Groups www.sergalberta.org



what is a waste-free lunch?

- * Lunch that contains no throw away packaging and produces minimal food waste.
- * Lunch is packed in a lunch box or reusable bag.
- * Food is put in reusable containers rather than wrapped in disposable packaging.
- * A drink is in a refillable bottle.
- * All containers are reusable, so that leftover food and drink can be saved for later.



why participate?

A waste-free lunch program:

- * Helps reduce the amount of garbage going to landfills.
- * Educates students and parents about **waste-free lunch** choices.
- * Encourages the practice of the three Rs: Reduce, Reuse and Recycle.
- * Reduces your EcoFootprint.

THINGS YOU MIGHT NOT KNOW:

reducing waste

Packaging and food waste from school visitor lunches makes up a huge amount of the waste stream at community education sites.

Some of the sites see over 50,000 school visitors and can produce almost 8,000 lbs of garbage a year.

It is estimated that an average school-aged child with a disposable lunch (using pre-packaged or single-serving foods) generates 30 kilograms of waste a year. That means a typical Grade 4 student throws away their body weight in lunch packaging.

Source: laptoplunches.com/lunchmenus.html

If you have any comments or questions about this program, please contact your education site directly or email The City of Calgary's Community Energy Initiative Team at footprint@calgary.ca

For more **waste-free lunch** ideas visit:

- * laptoplunches.com/lunchmenus.html
- * wastefreelunches.org
- * recycle.ab.ca



reducing your EcoFootprint

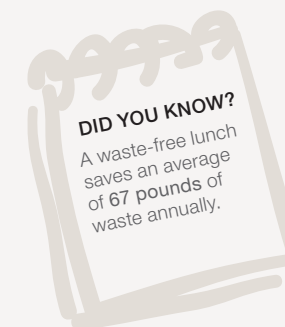
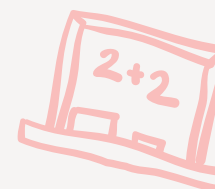
Calgary has a large Ecological Footprint. Producing a waste-free lunch is an important part of reducing your impact on the environment. Calculate your EcoFootprint at: calgary.ca/footprint

saving money

As you can see by the chart below, the cost of disposable lunches add up. Compare \$723.60/year to \$477.00/year – you're saving **\$246.60/year** by packing waste-free lunches

DISPOSABLE LUNCH	WASTE-FREE LUNCH
\$4.02/day	\$2.65/day
\$20.10/week	\$13.25/week
\$723.60/school year	\$477.00/school year

Source: wastefreelunches.org



PARENTS:

how do I pack a waste-free lunch?



- 1. START WITH A REUSABLE LUNCH CONTAINER:**
Use a cloth bag, lunchbox or backpack—avoid disposable plastic and paper bags.
- 2. PACK FOOD IN REUSABLE CONTAINERS:**
Avoid plastic bags, plastic wrap, aluminum foil and pre-packaged foods whenever possible.
- 3. PACK DRINKS IN REFILLABLE BOTTLES:**
Avoid single-use juice boxes, bottles, cans, and pouches. Recycle refundable bottles and milk cartons.
- 4. WASH AND REUSE UTENSILS:**
Reuse forks and spoons.
- 5. USE CLOTH NAPKINS:**
Paper napkins can only be used once and then have to be discarded.

Source: recycleok.org/pdf/wastefree-lunch-lessonplan.pdf