



Reduce, Reuse, Recycle

Waste-Free Lunch Guide

Every day in schools across the province, countless containers, bags, and convenience packages are thrown away. What's the cost of this convenience? It adds up to over 400,000 tonnes of waste every single year! (That's about 100, 000 elephants)

The good news is we all have control over the choices we make. Each and every one of us can do our part by thinking about what we throw away, and coming up with ways to reduce the amount of waste we generate.

What is a waste-free lunch?

A waste-free lunch is a lunch that has no unnecessary waste- everything leftover from a waste-free lunch can be reused, composted, or recycled.

Reduce: Reduce the amount of waste you create when packing your lunch by buying in bulk. Items like crackers, cheese, yoghurt, cookies, and other snacks can be divided into reusable containers. To reduce waste even further, bring leftovers from dinner.

Reuse: when packing a waste-free lunch use items such as reusable storage containers, drink containers, forks, spoons, lunch bags, etc.

Compost: Pack Fresh fruit and veggies in your lunch. Veggie snacks can be stored in a reusable container and fruit comes in its own natural packaging! Any fruit and veggie leftovers can be composted

Recycle: While it's better for the environment to use reusable juice and water containers, be sure to recycle any disposable beverage containers that you do use.



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Traditional Lunch vs Waste- Free Lunch

Simply rethinking how you bring your lunch to school can have a big impact on the amount of waste you throw in the garbage. Have a look at how the garbage from a traditional lunch compares to the garbage from a waste-free lunch.

Traditional Lunch:	Waste- Free Lunch:
Brown paper bag	Reusable lunch bag
Juice box	Juice in a reusable container
Sandwich in a baggie	Sandwich in a reusable container
Individual yoghurt	Yoghurt in a small reusable container
Package of cookies	Cookies in a small reusable container
Plastic spoon	Regular spoon

Traditional Lunch:	Waste- Free Lunch:
Paper bag	Nothing!
Sandwich baggie	Nothing!
Juice box, straw and wrapper	Nothing!
Yoghurt container and foil cover	Nothing!
Cookie package	Nothing!
Plastic spoon	Nothing!

Information

For more information on composting contact recycle NB:

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