Congratulations for your commitment to health and wellness!

Visit the NWRSC website and learn more about the project in the Schools section → www.csrno.ca

Questions?

For any questions concerning the waste reduction section, contact the NWRSC’s team at (506) 263-3470 or 1-800-561-0456.

For any questions concerning the health section, please contact a dietitian with Public Health at 735-2065 (Edmundston), 475-2441 (Grand Falls), or 284-3422 (Kedgwick).

1. Healthy, Not Eco: Carrots are rich in vitamin A, carotenoids, and fibre. It is better to use a reusable container (photo below) than a Ziploc-type plastic bag.

2. Healthy, Not Eco: The best choice would be to buy a large size container of juice and to pour the desired amount into a reusable bottle.

3. Healthy, Not Eco: Instead, buy a large brick of cheese and store pieces in a reusable container.

4. Not Healthy, Not Eco: Opt instead for a home-made sandwich placed in a reusable container or for leftovers stored in a thermos. Lunch Mate type meals are very popular but are far from healthy. On average, this meal contains the equivalent of four single serve packets of butter, two single serve packets of sugar, and a third of the daily maximum salt intake.

5. Healthy and Eco: Home-cooked meals are often healthier, more cost-effective, and more environmentally-friendly than prepared foods. Ensure that lunchboxes contain one food from each of the four groups in Canada’s Food Guide.

6. Not Healthy, Eco: Avoid sugary juices such as cocktails, punches, drinks, and fruit crystals. Preferably choose 100% pure juices.

7. Not Healthy, Eco: A homemade muffin with healthy ingredients such as oatmeal, whole wheat flour, and dried fruit can be a healthy choice. However, store-bought muffins or cupcake-type ones, even homemade, are considered a dessert and should not be included in lunchboxes.
Determine whether each picture is healthy or not and if it is environmentally-friendly (Eco) or not. The answers are on the back of this brochure.

1. Raw veggies in a Ziploc-type bag
   - Healthy
   - Not Healthy
   - Eco
   - Not Eco

2. 100% pure juice
   - Healthy
   - Not Healthy
   - Eco
   - Not Eco

3. Ficello-type cheese stick
   - Healthy
   - Not Healthy
   - Eco
   - Not Eco

4. Packaged meal and dry noodles
   - Healthy
   - Not Healthy
   - Eco
   - Not Eco

5. Leftovers in a reusable container
   - Healthy
   - Not Healthy
   - Eco
   - Not Eco

6. Fruit punch in a water bottle
   - Healthy
   - Not Healthy
   - Eco
   - Not Eco

7. Chocolate muffin in a container
   - Healthy
   - Not Healthy
   - Eco
   - Not Eco

Did you know that...

You could save more than 800$ per child if you prepare a zero-waste and healthy lunch box every-day of the school year!

It takes over 450 years for a plastic bag to decompose and this poses a danger to us turtles!