A Zero-Waste and Healthy Lunch Box and Snack... A Winning Combo!

Think Zero Waste!
- Evaluate your food needs to avoid waste.
- Reduce packaging...  
  - Buy your food items in economy-size packaging;
  - Cook your own meals and snacks.
- Think reuse...  
  - Use washable containers for sandwiches, fruits, vegetables and beverages;
  - Avoid using disposable dishes.
- Compost fruit and vegetable leftovers.

Think Healthy!
- Think about the 4 food groups from the Canadian Food Guide:  
  - vegetables and fruits;
  - cereal products;
  - milk and substitutes;
  - meat and substitutes.
- Plan your meals.
- Involve your children.
- Eliminate germs...  
  - Use an ice pack to keep your food refrigerated;
  - Wash the lunch box and containers every day.