Have You Prepared an Eco-Friendly and Healthy Lunch Box and Snack this Morning?

How can you do it?
It’s easy…

Think Zero Waste!
1. Reduce your food waste by using reusable bags, containers, and cloth napkins.
2. Reuse packaging…
   - Ask your parents to buy food in reusable or recyclable packaging and to pack your lunch Reusable.
3. Think twice…
   - Our maximize recycling for your leftovers. Fruits, vegetables, and beverages are best kept in reusable dishes.
4. Plan your meals and create reusable bags in a convenient resealable bag.

Think Healthy!
1. Think about the 4 food groups from the Canadian Food Guide:
   - Vegetables and fruits;
   - Cereal products;
   - Milk and substitutes;
   - Meat and substitutes.
2. Help your parents in the preparation of your lunch box.
3. Eliminate germs…
   - Use an ice pack to keep your food refrigerated;
   - Wash your lunch box and containers every day.

Did you know that several students in your school are participating in the lunch box challenge?

Because the more zero-waste lunch boxes and snacks are prepared the healthier I will be!

I WILL ALSO FEEL BETTER MYSELF SINCE I WILL HAVE LESS WASTES TO LOOK AFTER

An eco-friendly lunch box is good for our health and for the planet as well!