

Did you know that 20% of school garbage is edible food that was thrown away?

Are your child's lunches ending up in the garbage?

The following foods are often thrown out:

granola bars · flavoured yogurt · pudding · applesauce
sandwiches · bananas · apples

Involving your child in planning their lunches can help ensure they eat their lunch AND can save you money.

Our school Food Waste Reduction Challenge begins next week.

Let's work together to reduce food waste:

- Use the activity on the back of this sheet to plan healthy lunches with your child. They will be more likely to eat what they choose.
- Students will be asked to take home any uneaten food. This lets you see what food was not eaten, so your family can modify lunch planning accordingly.
- Please include an empty lunch container in your child's lunch bag (called a 'Yuck bin') so they can bring home inedible food scraps (banana peels, apple cores) to your home Green Cart for composting.
- Pack snacks that will be safe to eat later (like crackers) if your child is not hungry for them at school.
- A healthy balanced lunch includes at least 3 out of 4 food groups from Canada's Food Guide. To learn more, visit peelregion.ca/health/eating

Thank you for your support in reducing food waste and caring for the environment!



Planning Lunches Together

To help reduce food waste, involve your child in planning their lunches. Use the checklist below to select options for school lunches that your child says they will eat:

VEGGIES & FRUITS

- | | |
|---|------------------------------------|
| <input type="checkbox"/> broccoli | <input type="checkbox"/> berries |
| <input type="checkbox"/> cucumber | <input type="checkbox"/> grapes |
| <input type="checkbox"/> carrots | <input type="checkbox"/> pears |
| <input type="checkbox"/> peppers | <input type="checkbox"/> plums |
| <input type="checkbox"/> celery | <input type="checkbox"/> apricots |
| <input type="checkbox"/> snap peas | <input type="checkbox"/> pineapple |
| <input type="checkbox"/> cauliflower | <input type="checkbox"/> kiwi |
| <input type="checkbox"/> apples | |
| <input type="checkbox"/> bananas | |
| <input type="checkbox"/> oranges | |
| <input type="checkbox"/> cantaloupe | |
| <input type="checkbox"/> watermelon | |
| <input type="checkbox"/> dried fruit | |
| <input type="checkbox"/> raisins / raisins* | |
| <input type="checkbox"/> applesauce | |
| <input type="checkbox"/> canned fruit | |
| <input type="checkbox"/> other: _____ | |

MILK & ALTERNATIVES

- milk or fortified soy milk
- cheese
- cottage cheese
- yogurt/kefir
- milk-based soups
- other: _____

GRAIN PRODUCTS

- | | |
|---|-------------------------------------|
| <input type="checkbox"/> bread | <input type="checkbox"/> mini-pitas |
| <input type="checkbox"/> bagel | <input type="checkbox"/> rice |
| <input type="checkbox"/> tortilla | <input type="checkbox"/> quinoa |
| <input type="checkbox"/> naan or roti | <input type="checkbox"/> crackers |
| <input type="checkbox"/> pasta / noodles | <input type="checkbox"/> rice cakes |
| <input type="checkbox"/> pasta salad | <input type="checkbox"/> pizza |
| <input type="checkbox"/> waffles / pancakes | |
| <input type="checkbox"/> popcorn | |
| <input type="checkbox"/> pretzels | |
| <input type="checkbox"/> cereal / cereal bars | |
| <input type="checkbox"/> granola bars | |
| <input type="checkbox"/> other: _____ | |

MEAT & ALTERNATIVES

- hard-boiled egg
- leftover chicken/turkey
- light tuna
- salmon salad
- hummus or bean dip
- lentil soup or dhal
- marinated tofu
- deli meat
- hot dogs
- leftovers: _____
- other: _____

Tips for healthy lunches:

Limit packaged foods that are high in fat, salt and/or sugar, such as:
cookies · pudding · jello® · chocolate bars · fruit gummies
fruit bars · hot dogs · deli meats · pepperettes · chips

Read nutrition labels to choose healthier options.