

Waste Free Lunch Challenge

Dear Parent/Guardian:

In an effort to engage students in small environmental initiatives that can have a big impact, our school is participating in the week-long **Waste-Free Lunch Challenge** from April 29 to May 3.

Please help your child pack waste-free lunches for our event and help us fulfill a number of goals:

- ✓ Reduce the amount of waste generated by our school and to engage students, staff, and parents on the 3R's principles of Reduce, Reuse, and Recycle.
- ✓ Encourage fresh and nutritious lunches (many pre-packaged lunch items contain significant amounts of sodium, preservatives and fat).
- ✓ Help you reduce the cost of lunches: a waste-free lunch can cost as little as \$2.50 per day, whereas a regular lunch containing pre-packaged items can cost \$4.50 or more per day.



How can I help my child be a Zero Waste Hero? Follow this guide:

Waste Free Lunch	Disposable Lunch (please avoid)
Reusable lunch container	Single use paper or plastic bags
Reusable food containers or thermos	Disposable plastic wrap, foil, wax, or styrofoam
Reusable drink bottle or thermos	Single use and non-recyclable containers
Cutlery to wash and re-use	Plastic forks/spoons
Healthy snacks	Over-packaged snacks

You can find more information and ideas at:

- [Recycling Council of BC](#)
- [Waste Reduction Week](#)

We look forward to your support and hope you will consider packing waste-free lunches on a regular basis following the Waste-Free Lunch Challenge. Our goal is for our students to feel a sense of pride about their efforts to be a Zero Waste Hero.

Sincerely,

Your Cedars Eco Team