



NUTRITION ACTIVITY #1

LITTERLESS LUNCH

Ever considered just how much rubbish is produced in school playgrounds every day across the country? Yoghurt containers, chip wrappers, plastic sandwich bags and juice boxes are all destined for the rubbish bins; ending up as landfill.

Try this service project that focuses on sustainability by holding a litterless lunch day to reduce the amount of rubbish headed towards landfills.



Instructions:

This project is focused on having a lunch that creates no litter or waste at the end of the day.

Children and educators can each bring their lunch in reusable containers.

Anything that is not reusable should be placed in the appropriate recycling container and be taken to a recycling centre.

Educators can have conversations with the children about how much rubbish is typically collected after one school day lunch.

Discuss how much rubbish could be eliminated if these practices were to become the service practices.

This sustainability project could start with just with your service, and then could even become a whole school project.

Tips on how to pack a litterless lunch:

- ✓ Instead of using plastic bags, plastic or paper wrap, use re-usable food containers.
- ✓ Instead of buying cans, bottles or a box of juice, consider using a stainless steel re-usable bottle.
- ✓ Cut back on packaging avoiding individually wrapped snacks such as yoghurt, dried fruit, chips and juices. Buy larger sizes and portion out into reusable containers, saving both resources and money.
- ✓ Involve children in preparing meals. Kids are more likely to enjoy eating their own creations and less likely to throw away food knowing the work that went into it.
- ✓ Eliminate quick fix pre-packaged lunches so that only compostable scraps like apple cores and banana peels remain after eating.

