

A Month of Litterless Lunch Ideas for a Balanced School Day

This menu is only a list of suggestions. Substitute what you know your child likes to eat. Keep it simple & stick with it. Litterless lunches are healthier for your child, the environment, and your pocketbook! With a bit of organizing, they can be just as quick to be assembled on a busy morning. Check the Canada Food Guide (<https://food-guide.canada.ca/en/>) and consult with your doctor and nutritionist for expert advice. This fact sheet has not been updated recently.

Week One This weekend: Make a batch of mac & cheese & granola/cookie bars. Buy assorted vegetables, chop & put in small containers in fridge. Buy large containers of yogurt & applesauce & a bar of cheese. Buy large bags/boxes of pretzels. Put everything in individual containers for your cupboard or fridge so they are ready for the week!

First Break	*granola bar *yogurt *pineapple chunks *milk/soy	*½ tomato & cheese sandwich *pretzels *juice	*raisin bread *cheese cubes *yogurt *juice	*granola bar *raisins *cheese cubes/sticks *milk/soy	*dry cereal with raisins *yogurt *chocolate milk/soy
Second Break	*mac & cheese *veggie & dip *applesauce *water	*½ tomato & cheese sandwich *veggie & dip *water	*mac & cheese *grapes *granola bar *water	*chicken wrap *veggie & dip *applesauce *water	*mac & cheese *grapes *granola bar *water

Week Two This weekend: Make a batch of chili & a pan of cornbread. Buy assorted vegetables, chop & put in small containers in fridge. Buy large containers of yogurt & applesauce & a bar of cheese. Buy large bags/boxes of whole wheat snack crackers & ginger snaps or oatmeal cookies. Put in smaller containers for your fridge & cupboard.

First Break	*whole wheat bagel with cream cheese *applesauce *juice	*crackers & cheese *apple *gingersnaps *juice	*dry cereal *peach *yogurt *chocolate milk/soy	*½ chicken or ham wrap *banana *ginger snaps *milk/soy	*muffin *yogurt *banana *milk/soy
Second Break	*chili with shredded cheese *cornbread *veggie & dip *water	*pepperettes *cheese cubes *veggie & dip *peach *ginger snaps *water	*chili with shredded cheese *cornbread *veggie & dip *water	*½ chicken or ham wrap *snack crackers *yogurt *grapes *water	*chili with shredded cheese *cornbread *veggie & dip *water

Week Three This weekend: Make a pot of your child's favourite soup & a batch of rice krispie squares & muffins. Buy assorted vegetables, chop & put in small containers in fridge. Buy large containers of yogurt & applesauce & a bar of cheese.

First Break	*½ whole wheat bagel with cream cheese *grapes *juice	*muffin *pear *cheese cubes *milk/soy	*½ ham sandwich *applesauce *chocolate milk	*muffin *pear *cheese cubes *milk/soy	*½ whole wheat bagel with cream cheese *grapes *juice
Second Break	*soup *½ whole wheat bagel *rice krispie square *Blueberries *water	*homemade lunchables (ham & cheese slices & crackers) *rice krispie square *water	*soup *½ ham sandwich *rice krispie square *pear *water	*homemade lunchables (ham & cheese slices & crackers) *rice krispie square *water	*soup *½ whole wheat bagel *rice krispie square *Blueberries *water

Week Four Give yourself a break! Use up any frozen leftovers from the previous 3 weeks. Make a batch of cookies. Buy assorted vegetables, chop & put in small containers in fridge. Buy large containers of yogurt & applesauce & a bar of cheese. Buy large bags/boxes of Goldfish & put in individual containers for your cupboard.

First Break	*dry cereal with dried cranberries *yogurt *juice	*raisin bread with butter *pear *cheese cubes *milk/soy	*whole wheat bagel with cream cheese *applesauce *juice	*raisin bread with butter *pear *cheese cubes *milk/soy	*½ ham sandwich *applesauce *chocolate milk
Second Break	*mac & cheese *veggies & dip *grapes *cookie *water	*baked beans with shredded cheese *Goldfish *veggie & dip *water	*chili with shredded cheese *Goldfish *veggie & dip *water	*hummus *pita triangles *cucumbers *water	*soup *½ ham sandwich *cookie *grapes *water

Helpful Tips:



Pack a cloth napkin or make your own wet wipe with a washcloth soaked in soapy water kept in a waterproof container



Pack up all snack & veggie containers for the week on Sunday



Make sandwiches & pack thermoses with leftovers the night before.



Buy larger quantities of yogurt/applesauce & dispense them into smaller individual containers.



Cut fruit & vegetables into small, bite-sized chunks (fruit should be cut up the day it will be eaten).



Buy inexpensive reusable cutlery at a dollar store (snap-together camping cutlery works great!).



Make sure to use BPA-free reusable water bottles (juice boxes are pricey & cannot be recycled!).



Buy large bags of snacks such as pretzels or Goldfish rather than individual bags. Keep them in the cupboard & kids can help pick their own morning & afternoon snack for the day.



Choose a lunch bag that is roomy enough to pack your various reusable lunch containers & an ice pack.





Be creative! Have kids come up with their own healthful litterless snack & lunch ideas.



Recipe for a Litterless Lunch

When packing a lunch for your child, consider the following ideas. Not only is this better for the environment but it can save you money as well.

Here are some ideas to MUNCH on...

YES PLEASE! 	NO THANK YOU! 
REUSABLE lunch carrier	NO paper or plastic bags
REUSABLE containers (Tupperware, Rubbermaid, Lockables)	NO plastic wrap, foil, wax or Styrofoam
REUSABLE drink bottle or thermos	NO single-use cans or juice boxes
CLOTH NAPKIN to wash and re-use	NO paper napkins
SILVERWARE to wash and re-use	NO plastic forks/spoons
HEALTHFUL snacks	NO overly packaged/processed snacks

Why Pack A Litter-Less Lunch?

- It reduces packaging waste
- It's less expensive
- It's healthier



Food For Thought

The average student lunch generates **66 lbs** of waste per school year. That can add up to **20,000 lbs** of waste per school!!!

Chew on this... (2010 figures)

LITTERLESS LUNCH (water bottle, sandwich, yogurt, fruit)	A PACKAGED LUNCH (juice box, Lunchables, Yo-Tube, fruit chews)
\$2.65 / average day	\$4.02 / average day
\$13.25 / week	\$20.10 / week
\$477.00 / school year	\$723.60 / school year

source: wastefreelunch.org



Litterless lunches are the best for your children, your pocketbook, and the planet!