



# Waste-Free Lunch

CHALLENGE

## SAMPLE ANNOUNCEMENTS

These sample announcements may need to be modified according to your school's Waste-Free lunch events.

Waste Fact of the Day	
Date Read	
	<p>Hey did you know that Waste-Free Lunch week is coming? On _____ (insert date), we will be participating in the Waste-Free Lunch Challenge when students from schools across Ontario are bringing lunches to school that don't make garbage.</p> <p>How will we do it?</p> <ul style="list-style-type: none"> <li>We will start by packing our food in reusable containers like old margarine tubs rather than a plastic bag.</li> <li>We will fill up a reusable bottle with our drink</li> <li>We will bring our own spoon and fork to eat it with.</li> </ul> <p>After lunch, all the cutlery, bottles, and containers go back in our bags and nothing goes in the garbage at all. Let's always remember the 3 R's: Reduce, Reuse, Recycle!</p>
	<p>In North America, we make enough garbage <u>every day</u> to fill 70,000 garbage trucks. Lined up bumper to bumper, over a year, they would stretch halfway to the moon!</p>
	<p>Did you know that one student taking a disposable lunch to school creates a total of 30 kilograms of lunch waste every year?</p> <p><i>For elementary:</i> That is about how much a grade two student weighs.</p>
	<p>Did you know that if juice boxes, pop cans or paper or any other recyclable items are in the garbage can, they go to the landfill? Nobody is sorting for you – make sure your recyclable stuff makes it to the blue box!</p>
	<p>Any idea what juice boxes and milk cartons become after being recycled? Tissue products!</p>
	<p>Have you looked in your garbage can lately? The packaging that your food comes in makes up about 30% of our garbage. Choose foods with as little packaging as possible, like bulk foods. Fruits and vegetables come in their own packages which you can eat up or compost.</p>
	<p>Recycle a pop can and save electricity?! That's right! By recycling one pop can, you save enough electricity to keep a TV on for three hours.</p>
	<p>Want to save a tree? Recycle paper... one tonne of recycled paper keeps 17 trees from being cut down.</p>
	<p>Hey, did you know that food waste that is composted is ready to be soil in about six months? Composting makes sense!</p>
	<p>Ever wonder what happens to that plastic bottle you recycle? Recycled plastic is everywhere. Your fleece is recycled pop bottles, so is your plastic baseball hat. Recycled plastic is also found in lots of toys, park benches,</p>



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	and even garbage cans.
	Did you know that you might be playing on an old tire today? Recycled tires are being turned into floors in gyms and playground mats found under climbers.
	Making new products from recycled metal makes a lot of sense. Recycled metal is ready to be re-made into something else, nobody has to mine it out of the ground, and so it uses a lot less energy.
	By recycling juice and milk cartons every day, the average school prevents 2.2 large bags of trash from going to landfills. That's about 11 bags every week, 44 every month, and 391 per year! (2010, Carton Council US School Guide prepared by Environmental Impact Initiative)

## Eco-Tip of the Day

	Refuse plastic bags! Bring your own bag to the store and help your parents to remember to bring a bag when they shop.
	Why take two when one will do? Make sure you only take one paper towel to dry your hands: there's no need to waste trees!
	Use scrap paper that's only been used on one side to doodle, figure out math problems, draw, or write rough copies of assignments.
	Plastic containers can be reused over and over again. Fill up a container with a snack rather than wrapping it in plastic wrap.
	Things like cleaners, insect sprays, paint, batteries, motor oil, and old medicines should not go in the regular garbage. They should be taken separately to your local municipality's <b>Household Hazardous Waste Drop-Off Centre</b> .
	When you shop with your mum or dad, look for products that can be recycled—or have been recycled already! Read the label and look for the recycle symbol.

## Eco-Challenges

	How many ways could you use a drink box again when you are done drinking from it?
	Can you figure out how to make a lunch that includes all your favourite foods and that leaves no garbage at the end? (Fruit and vegetable peels are OK!)
	How many delicious snacks can you think of that don't make garbage? (Fruit and vegetable peels are OK!)

Thanks to Upper Grand District School Board and Ontario EcoSchools for use of their resources.



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