Letter to Families

Zero Waste Lunch

Making a difference...together

Dear Parent/Guardian,

As part of our classroom's commitment to reducing landfill waste, we're encouraging families to try zero waste lunches using the pack-in, pack-out approach. This means students bring home everything from their lunchbox including wrappers, containers and any uneaten food.

A zero-waste lunch may include:

- **Food in reusable containers** such as bento boxes instead of packed in plastic wrap, Ziplock bags, foil or wax paper.
- **Drinks in refillable containers** instead of juice boxes, cans, pouches, cartons and bottles.
- **Reusable utensils and cloth napkins** instead of single-use plastic forks and spoons and paper napkins.
- **Food bought in bulk and portioned out** into reusable containers instead of pre-packaged single-serve snack items.
- **A reusable lunchbox** instead of a paper bag.

Packing zero waste lunches not only reduces our environmental footprint and diverts waste from the landfill, it also helps teach the importance of waste reduction. Buying in bulk is cheaper than purchasing individually packaged items, and using resealable containers means uneaten food can be saved for later. Talk with your child about what foods they enjoy and how much they can realistically eat. Sometimes kids throw food away just to avoid hurting the feelings of the person who packed it, so encourage them to bring home anything they don't finish. Even better, involve them in packing their own lunch.

We understand this might not be possible every day for every family, but even small changes can add up over time. Thank you for supporting this effort to reduce waste and support a healthier school environment.

Sincerely,