

Ecole Edward Johnson's Boomerang Lunch and Snack Program

The UGDSB encourages our schools to reduce food and food-related waste. In 2020 Edward Johnson was certified as an Eco School at the silver level due to the advances we are making in being environmentally friendly. With Covid protocols behind us, we would like to again attain our Eco School status!

A *waste-free* lunch/snack contains no throwaway packaging and produces no food waste. Food and drinks are packed in reusable containers within a reusable lunch bag.

A *boomerang* lunch/snack means that any uneaten food and any waste material produced is returned home. For sanitary purposes, it is important that food and waste packaging be taken home in a resealable container or bag.

Both a waste-free and a boomerang lunch allow parents to see what their children are actually eating during the day. A significant amount of waste is made up of unopened packaged foods, uneaten fruit, full juice boxes and half-eaten sandwiches.

Some Waste-Free Lunch/Snack Tips:

- ❖ Use a reusable container for packing snacks/sandwiches (no more squished food); empty margarine containers work well.
- ❖ Cut fruit and vegetables into pieces so that some can be eaten at lunch and some can be saved for a snack later.
- ❖ Label reusable containers to ensure they are easy to identify if they are misplaced.
- ❖ Avoid drinks in packaging that cannot be resealed (especially for younger students) – After a few sips, drinks are often thrown out. Reusable water bottles are best.
- ❖ The Dollar Store carries reusable containers and lunch bags – great deals!

Please join us in supporting this important initiative. Together we are making a difference one lunch at a time!

Sincerely,
Mme Ammon & E.J.'s Eco Team

