

# A Zero-Waste and Healthy Lunch Box and Snack... A Winning Combo!

## Think Zero Waste!

- Evaluate your food needs to avoid waste.
- Reduce packaging...
  - ✓ Buy your food items in economy-size packaging;
  - ✓ Cook your own meals and snacks.
- Think reuse...
  - ✓ Use washable containers for sandwiches, fruits, vegetables and beverages;
  - ✓ Avoid using disposable dishes.
- Compost fruit and vegetable leftovers.

## Think Healthy!

- Think about the 4 food groups from the Canadian Food Guide:
  - ✓ vegetables and fruits;
  - ✓ cereal products;
  - ✓ milk and substitutes;
  - ✓ meat and substitutes.
- Plan your meals.
- Involve your children.
- Eliminate germs...
  - ✓ Use an ice pack to keep your food refrigerated;
  - ✓ Wash the lunch box and containers every day.

Commission de services  
régionaux Nord-Ouest  
Déchets solides



Northwest Regional  
Service Commission  
Solid Waste

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