

# RETHINK your lunchbox.

THIRTY ZERO-WASTE LITTERLESS LUNCH IDEAS



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It's important for the environment to pack your child's lunch with items that have no plastic or foil waste. And what happens when you do the best thing for nature is that you also end up doing the best thing for the child. In this instance, the foods on the list below are much healthier than modern "convenience foods," with high nutritional value to keep your little ones well-fuelled for a day of playing!

- Oranges
- Apples
- Bananas
- Sandwiches or wraps
- Air-popped popcorn
- Chopped veggies
- Yogurt
- Applesauce
- Trail mix
- Cheese
- Boiled eggs
- Beef jerky
- Homemade cookie
- Homemade granola bar
- Salad (either a fruit salad, a green salad, or pasta salad)
- Leftover chicken fingers
- Crackers
- Muffin
- Breakfast sandwich (yum!)
- Pancakes and real maple syrup
- Whole grain chips and salsa
- Dried fruit
- Soup
- Pasta
- Scrambled eggs
- Biscuits and jam or cheese
- Oatmeal
- Quesadilla with your child's favourite filling
- Leftovers from last night's dinner
- Slice of homemade pizza





## CONTAINER ALTERNATIVES

- Mason jars are great for apple sauce, cheese, yogurt, salads, fruit, etc. Buy larger containers of the items your child eats a lot of, and fill up your own reusable dishes to send in their lunch.
- Cloth sandwich bags and beeswax food wraps are an excellent way to protect lunch items while eliminating plastic.
- Invest in a good Thermos or another brand of reusable food jar and a reusable water bottle (no plastic, if you can help it, as the water doesn't stay cold).







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