

# Healthy Kids, Healthy Planet

## Reducing Waste in School Healthy Eating Programs

School healthy eating programs build healthy students and they can also help build a healthy planet. Below are some helpful tips and tricks if your school is thinking about reducing single-use plastics and food waste. Every school is different, try experimenting with various approaches to find one that works for you!

### REDUCE



#### Offer vs. Serve.

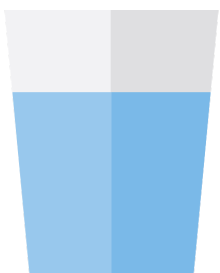
Offer students a selection of menu items to choose from, versus serving pre-portioned plates.

#### Buy in Bulk.

When possible buy in bulk. This helps reduce packaging and is often more cost effective.

#### Go Plastic Free.

Use compostable bamboo cutlery, paper cups and or bowls instead of plastic.



#### Try Edible Serving Options.

Serve yogurt parfaits in ice cream cones or fruit salad in cinnamon tortilla bowls.

#### Do a Waste Audit.

Have students complete a food waste audit to find out what food items are thrown out most often.

Thinking about doing your own waste audit?

Use this resource to get you started  
[tinyurl.com/yyvy5lkm](https://tinyurl.com/yyvy5lkm)

#### Did You Know?

It is estimated that less than 11% of plastics are actually recycled in Canada.

# REUSE



## Re-purpose produce.

Use overripe fruit for smoothies, bake in whole grain muffins or make applesauce.

## Compost.

Add food scraps to your school food garden compost bin.

## Wash.

If you have a dishwasher or washing station use reusable cups, plates, and cutlery.



## Re-imagine.

Reuse storage tubs and containers for classroom activities like starting seeds or storing dry goods!

For more ways to reduce food waste check out [lovefoodhatewaste.ca](http://lovefoodhatewaste.ca)

# RECYCLE



Don't forget to rinse out your plastics before putting them in the recycling bin!

Many plastics can be recycled if sorted properly. Check with your municipality for recycling codes.

nourishns.ca

