

# 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!

This resource was created by Nourish Nova Scotia in collaboration with Conseil Scolaire Acadien Provincial & Regional Centres for Education and NS Health Public Health

# Reduce

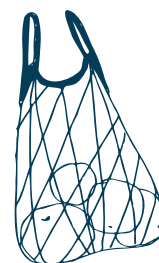


## Offer vs. Serve

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.

## Did you know?

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



Thinking about doing your own waste audit? Check out the [Food Matters Action Kit](#) to help you get started.

**Reduce, Reuse, Recycle!**

Find more resources at [www.nourishns.ca](http://www.nourishns.ca)

**Nourish**  
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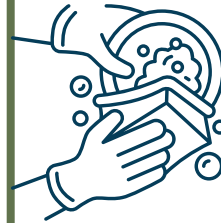
# Reuse

## Re-imagine

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

## Re-purpose produce

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

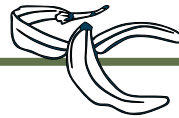


## Wash

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

## Compost

Add food scraps to your school food garden compost bin.



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

# Recycle



## Rinse

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

## Sort

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



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