



# Litter-less Lunch Days



**On Thursday, November 19, Schofield will be starting its first weekly “LITTER-LESS LUNCH DAY”. Every Thursday will be “Litter-less Lunch Day” this school year. It is our hope and belief that within a few weeks, the students will be able to manage Litter-less Lunch without parental involvement. This is part of the fifth grade activities to help all Schofield students GO GREEN! We encourage all grades to participate – EVERY Thursday!**

## **How can parents help?**

We encourage parents to help their children pack a “Litter-less Lunch” on Thursdays, if they are bringing lunch from home. The regular lunch menu will also be available.

## **Why pack a Litter-less Lunch?**

Disposable lunches generate a lot of trash which is not good for the earth. Litter-less lunches produce less waste, save money on trash removal, remind children to reduce, reuse, recycle, and can even lead to healthier food choices among students.

## **How to Pack a Litter-less Lunch**

### **1. Get your children involved**

Encourage your children to help pack their own lunch.  
To minimize waste, pack only portions that they will eat.

### **2. Start with a reusable lunch bag or lunch box.**

Avoid disposable paper and plastic bags.

### **3. Use a refillable drink bottle for water or juice.**

Avoid single use juice boxes and pouches whenever possible.

### **4. Pack sandwiches, cookies, veggies, etc. in reusable containers.**

Avoid plastic wrap, Ziploc bags, aluminum foil and pre-packaged foods.

### **5. Remember reusable cutlery and remind your kids to bring it home.**

### **6. Smile...you have been a friend of the earth!!**

Any questions or to help during the first few weeks, please contact Johanna Winkelman at [jicam@verizon.net](mailto:jicam@verizon.net). You can also ask your favorite Fifth grader about the program.