

Dear Parents,  
 SES is pleased to announce a new earth friendly project that our students, teachers and staff are embarking on. As a school we have decided to reduce our ecological footprint by producing **less garbage in our lunches**. *It has been estimated that on average a school-age child using a disposable lunch generates 67 pounds (30 kg) of waste per school year. That equates to 18,760 pounds (8527 kg) of lunch waste for just one average-size elementary school.*



After several classes collected their snack and lunch garbage (not including compostable material) we came to the conclusion that we could dramatically reduce the amount of garbage that we produced if we became more aware of our options. As a school we have thought of ways to make changes in the amount of garbage we produce. We would like to make the following suggestions:

### Disposable Lunch

### Waste - Free Lunches

<ul style="list-style-type: none"> <li>* sandwiches in disposable plastic bags</li> <li>  * fruits and vegetables in plastic bags</li> <li>  * pre-packaged chips, cookies, fruit bars, granola bars, cheeses, and fruit leathers</li> <li>  * single-use yogurts, applesauces, and puddings</li> <li>  * crackers, pretzels, chips, and other snack foods sealed in plastic bags</li> <li>  * disposable juice boxes, juice pouches, juice cans, water bottles, and milk cartons</li> </ul>	<ul style="list-style-type: none"> <li>* sandwiches and other main dishes, fresh fruits and, fresh vegetables, and treats in a reusable lunch container or containers</li> <li>  * cloth napkins</li> <li>  * stainless-steel forks and spoons</li> <li>  * reusable drink containers</li> <li>  * reusable lunchboxes</li> </ul>
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| <ul style="list-style-type: none"><li>* plastic forks and spoons</li><li>* paper napkins</li><li>* disposable paper and plastic bags</li></ul> |  |
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In a Waste Free Lunch situation little trash is generated because foods are bought in **bulk or in larger packages**. The packaging is left at home for reuse or recycling. Food waste also decreases because with a reusable lunch container, children can re-pack uneaten food instead of dumping it, packaging and all, into the school trash can. Furthermore, it is also cost effective to buy in larger quantities.

We understand that the **success of a waste free lunch program depends largely on the cooperation and understanding of parents**. After all, it is parents who purchase and prepare the lunches. However, we would certainly appreciate **any positive** changes that can occur. Change is always difficult in the beginning but this change should prove to be fruitful for our future. Let's encourage our children to make positive changes for our environment and community.

Also, our cafeteria meals are served using plastic cutlery. We would like to suggest that if your child is buying hot lunch that he/she possibly brings his/her own fork or spoon in his/her lunch box and return it home at the end of the meal to reduce at least one cutlery per day. We realise that each small step is one that can make a difference in the long run.

Thanking you in advance.

Peggy McCourt and her team of environmentally friendly teachers

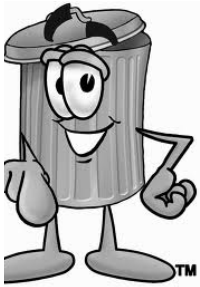
Please sign below to indicate to us that you are aware of SES' initiative to reduce waste and that you have discussed this issue with your child.

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Child's name

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Child's class



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Parent's Signature

N.B. Please sign this letter to indicate that you have the seen this letter.

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Parent's signature