



## EcoTeam News

Welcome back to an exciting school year. This year we will continue our goal to receive certification through Ontario EcoSchools. As in the past, boomerang lunches will be an **essential** part of making sure that we can continue to ensure that effective recycling practices are followed. Thank you for your continued support with this program.

### Why Do We Do Boomerang Lunches at Our Lady of Lourdes Catholic School?

There are many reasons why boomerang lunches are a very important part of our EcoSchools plan. The purpose is not to just transfer trash disposal responsibilities from the school to home. An important aspect of the program is to encourage parents and students to review and think about the way they prepare and package lunch foods. Most lunch trash comes from disposable packaging of single use. It has been estimated that on average a school age child using disposable lunch packaging generates 67 pounds of waste per school year. When you think about the number of students at our school, it really adds up! A Boomerang Lunch also provides parents with first hand knowledge of the eating habits and preferences of their children. All leftovers are carried home at the end of the day so that parents can see what's been eaten or not! Another reason why boomerang lunches are critical to decreasing waste is because industrial properties, like schools are required to use commercial recycling companies. These companies often do not take the same materials as the township does. For instance our company will not take things such as #3 and #6 plastics and corrugated cardboard. These are all things that are accepted by township recycling.

### Tips' for Successful (and Less Messy) Boomerang Lunches

#### CHOOSE A PERMANENT PACKAGING SOLUTION

Pack a waste-free lunch using items such as:

- reusable lunch bag or box (look for a hard plastic interior, as it can easily be wiped clean)
- thermoses
- reusable water bottles
- reusable plastic containers
- reusable utensils

It is helpful if students are able to practice opening the containers so that they are able to get lids on and off easily.

#### BULK UP!

Choose to buy food that is not over-packaged by buying items in bulk rather than single use containers and placing them daily in re-sealable containers. Example – buy the large yogurt containers and put it into a re-sealable container. Buying food this way tends to save money too!!!

#### LET NATURE WRAP YOUR FOOD FOR YOU!

Oranges, bananas, apples etc. all come with their own handy packaging that can be composted at school.

**One last Tip...**

In order to avoid the mess associated with food and container that your child is bringing home you may want to include a 'scraps' bag where your child can place messy items so that they are contained. This bag should be rinsed out and then used again.

As a Gold certified EcoSchool we are working hard to reduce the ecological footprint of our school through teaching our students to become environmentally responsible citizens. We appreciate your support.

