



## PIERRE DE COUBERTIN

4700 Lavoisier  
Montreal, QC H1R 1H9



Tuesday, April 19, 2022

Dear Parents,

At Pierre de Coubertin, we see the importance of creating sustainable principles. We want to encourage our students to continue implementing the 3 R's-reduce, reuse and recycle-while developing positive environmental values in students and the school community. Pierre de Coubertin along with the members of our Green Team will be holding a **Waste-Free Lunch every Wednesday**. This means that if your child(ren) brings a lunch from home (snacks included) he/she is being asked to bring all food/beverage in reusable, washable containers or in a reusable bag. The goal is to have little to no packaging. We will begin this on April 27th and will take place every Wednesday.

### What is a healthy zero waste lunch?

A healthy zero waste lunch does not contain throwaway packaging or produce food waste. It also reduces litter because there is less packaging. The typical healthy zero waste lunch is packed in a lunch box or bag. The food is put in reusable containers rather than wrapped in disposable packaging, a drink is in a refillable bottle and all containers are resealable so that leftover food and drink can be saved for later.

### Why should we have a healthy zero waste lunch?

By bringing less waste into schools, we can minimize litter, reduce waste going to landfill, save money and develop healthy eating habits. Producing excessive amounts of waste is a major problem globally.

#### Include:

- Sandwich in a reusable container
- Fruit & snacks in reusable containers
- Cloth napkin
- Beverage in thermos or recyclable container
- Reusable stainless steel
- Reusable utensils (fork, spoon, etc.)

#### Don't Include:

- Individually wrapped items
- Plastic wrap or baggies
- Paper napkin
- Single-serve bottled water
- Plastic straw
- Disposable plastic utensils

Encourage your child to bring home uneaten items and reuse plastic baggies whenever possible.

**Make each day a waste-free day! Thank you for your continued support,**

