



## ST. ROSE of LIMA CATHOLIC SCHOOL

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Dear Parents,

As part of our commitment to increasing environmental awareness, the Grade 6 students at St. Rose of Lima will be starting an environmental action project called **'Waste Free Wednesday'** after March break. All students in the school will be asked to make a special effort to bring lunches that include as many items as possible that can be eaten, reused, recycled or composted and as few items as possible that must be thrown away.

You can help your child pack his or her waste-free lunch by including only what your child can eat, using reusable containers or bags, or buying non-perishable foods in bulk. In planning your child's waste-free lunch, remember: if you pack any items that need refrigeration make sure you include a reusable ice pack to keep the items fresh.

### **Waste-Free Lunch Tips**

#### **Include:**

- Sandwiches in reusable containers.
- Whole fruits without packaging.
- Drinks in containers that can be reused or recycled
- Snacks purchased in bulk and brought in reusable containers.
- Reusable ice packs.

#### **Don't Include:**

- Individually wrapped snacks
- Plastic baggies that are not reusable
- Disposable forks and spoons

Thank you for your support in making our project a success. Remember; don't stop after just one day of packing waste-free! Pack your child a waste-free lunch every day and pack your own waste-free lunch for work.

**Our first 'Waste Free Wednesday' will be March 19, 2014.**

Yours Sincerely,  
Grade 6  
St. Rose of Lima