

TOP 5 WAYS TO A GREENER BREAKFAST PROGRAM



For some school breakfast programs, a large portion of waste ends up in the trash, including plastic utensils, wrappers, cups and food. To create a more environmentally friendly and sustainable program, consider these options :



TRANSITION OFF PLASTIC DISHES !

- Use reusable bowls, cups and utensils.
- Have students use their own utensils from their lunchbox.
- If reusable is not possible, choose compostable options.



REDUCE INDIVIDUALLY PACKAGED FOODS

- Use large format containers for cereal, yogurt, milk, jam, etc. and serve in a reusable bowl or cup !
- Schools that must use individually packaged items:
RECYCLE all appropriate cardboard and plastics !

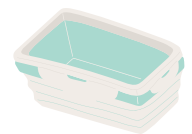


AVOID SINGLE-USE WATER BOTTLES.

Encourage students to drink from their reusable water bottles !

SAY NO TO INDIVIDUAL PLASTIC BAGS !

- For refrigerator storage, use reusable containers.
- For serving separate items to students, try bento boxes, bowls or compostable bags.
- When serving breakfast in the classroom, opt for bins instead of bags.



REDUCE FOOD WASTE

- Prepare a special breakfast with leftovers.
- Rather than disposing of leftovers, consider using them to create something new !
- Extra fresh fruit ? Freeze it and use it in a smoothie !
- Plan, plan, plan ! Consider attendance numbers and trends in your program when menu planning and preparing food. Be realistic and smart.
- And make sure to store products appropriately and safely.

