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.