



Healthy & Waste-Free Lunches

Healthy Lunches include foods that are close to the source, such as:

- Fresh, seasonal, locally grown fruits and veggies
- Dried fruits and nuts
- Whole foods in their own packaging (an apple or banana comes in its own wrapper!)
- Whole grains: brown rice, whole multi-grain breads, and pasta
- Filtered tap water or low fat white milk



Check out the USDA “My Plate” nutrition guidelines at www.choosemyplate.gov. They recommend that half your plate (or lunchbox, in this case!) consist of fruits and vegetables. Buy locally-grown produce cultivated without pesticides; choose organic whenever possible. Visit Environmental Working Group’s Shopper’s Guide to Pesticides in Produce www.ewg.org/foodnews to help make the best choice for your ‘ohana.

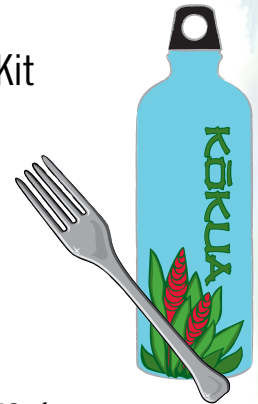
Making It Work:

- Shop weekly at your local Farmers’ Markets for fresh produce
- Buy dry goods in bulk to minimize packaging
- Menu plan and maximize leftovers
- Make simple salads, sandwiches, and wraps
- Cook hard-boiled eggs, wash and slice veggies and fruits ahead of time
- Pack lunches the night before
- Encourage your children to help plan, prepare, and pack their own lunches



Your Waste-Free Lunch Kit should include:

- Durable lunchbox or bag
- Reusable food containers
- Refillable drink bottle
- Reusable fork and spoon
- Cloth napkin



Look for products that contain NO aluminum, Bisphenol A (BPA), lead, phthalates, and polyvinyl chloride (PVC). Several of these materials have been linked to negative health impacts.

Avoid:

- Individually wrapped snacks
- Plastic baggies
- Disposable forks, spoons, and straws
- Bottled water, sodas, and juice boxes
- Sugary drinks and sweets
- Refined grains, processed foods
- Red Flag Ingredients: high fructose corn syrup, hydrogenated oils (in many brands of peanut butter), trans-fats, artificial colors and flavors



For more information including educational resources and how to extend this topic into the classroom, check out these links:

- www.kokuahawaiifoundation.org/resources
- www.wastefreelunches.org
- www.epa.gov/students/pack-waste-free-lunch