

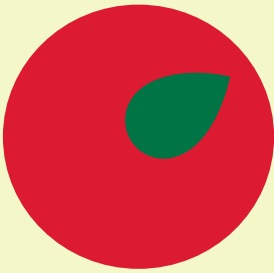
# Waste-Free Wednesdays

The City of Mississauga is committed to reducing waste and single-use plastics and we need your help! We are asking summer camp participants to help reduce lunch waste – **pack a litterless lunch!**

Participate in Waste-Free Wednesdays all summer long. For an extra challenge, we encourage a litterless lunch every day!

## What is a litterless lunch?

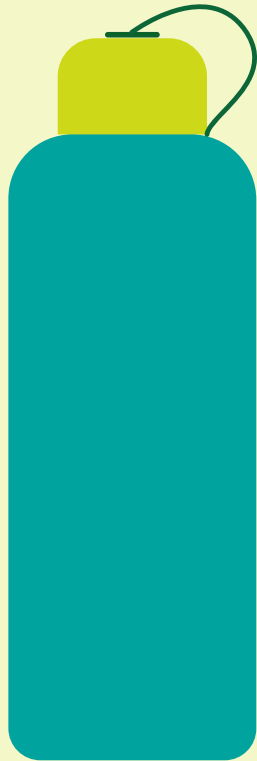
Fruit with a natural wrapper



Reusable containers



Refillable water bottles



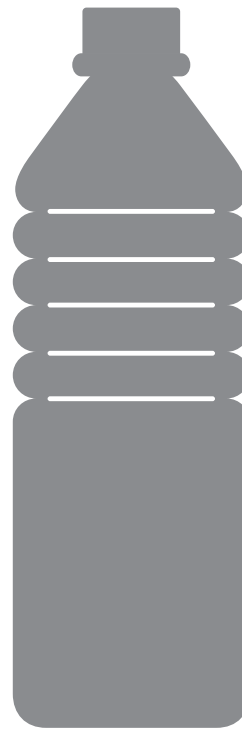
Reusable cutlery



Yogurt cups



Plastic packaged chips



Single-use water bottles



Our mascot friend, Litterbug, will be visiting various summer camp locations educating and encouraging campers about litterless lunches. Litterbug will also talk about reducing waste and the impact litter has on the environment. Save our tip sheet for quick reference!

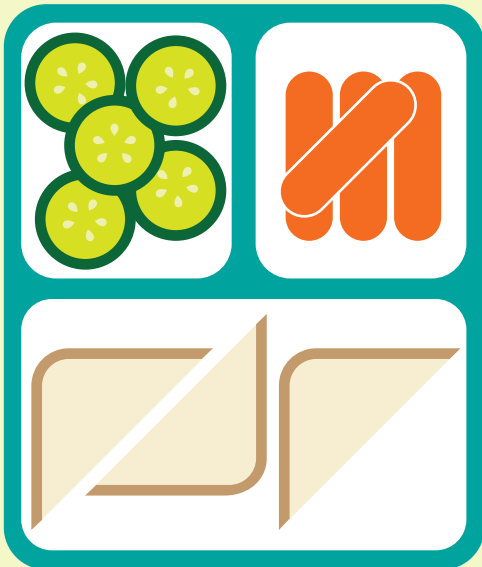
For more information on the City's waste initiatives, contact [living.green@mississauga.ca](mailto:living.green@mississauga.ca)

# Litterless Lunch

A litterless lunch is a lunch that creates little or no waste! Packing a litterless lunch is easy, good for the environment, and better for your wallet.

## Litterless Lunch

- Reusable sandwich bag or a reusable container
- Reusable water bottle or cup
- Buy a large tub of yogurt or fruit and pack a serving in a reusable container
- Buy (nut free) snacks in bulk and pack a serving in a reusable container
- Reusable cutlery
- Reusable lunch bag



## Typical Lunch

- Food wrapped in plastic wrap, foil or in a Ziploc bag
- Single-use plastic water bottles, juice boxes, plastic straws
- Single use beverage cups/containers (i.e. coffee cups, plastic cups)
- Yogurt cups, apple sauce cups, fruit cups
- Sealed plastic packaged (nut free) granola bars, cookies, chips, pretzels, crackers, cheese or any other individually packaged snack
- Plastic utensils
- Disposable plastic bags, paper bags

## Tips

- Purchase an affordable set of reusable containers and cutlery
- Pack fruits that have a natural wrapper (i.e. banana, orange, apple)
- Plan ahead, pack lunches the night before