

New year, new resolutions.

We all know that the most common New Year's resolutions are about improving ourselves, often revolving around diet or exercise. Around the Edge office, we're big fans of being [eco-champions](#), and we're encouraging others to make resolutions that protect the planet.

It's estimated that schools in Canada can generate up to [80,000 tonnes of garbage](#) each week! By resolving to pack greener lunches for your kids, parents can help their schools to reduce this number.

This might sound like a big job, but don't worry: packing green lunches is simpler than you think. We've pulled together a list of our top tips for packing eco-friendlier school lunches for your kids in 2020.

Ditch the plastics

[Coverage on the effects of single-use plastics](#) has been widespread; we all know it takes forever to break down, pollutes our oceans, and harms turtles, dolphins, and other sea creatures. So what can you do to help reduce waste?

Pack your kids' lunches in reusable containers instead of plastic bags or cling wrap, use eco-friendly or cloth napkins, and opt for reusable or bamboo utensils.

You can even take a step further and consider [eliminating all single-use plastics](#) from your family's daily life.

Use less meat

The UN recently stated that a global shift toward a plant-based diet is necessary to combat some of the [effects of climate change](#). Plus, who among us hasn't thought, "are my kids eating enough veggies," when packing school lunches? That said, completely changing your family's dietary habits is a big step, and one best taken gradually.

Instead of quitting animal products cold turkey (*pun intended*), set small goals, like packing your kids a meatless school lunch once or twice a week. Swapping ¼ pound of beef for soy just once per week can save the equivalent amount of greenhouse gases from [10 billion smartphones charging](#).

Meatless food prep doesn't have to be difficult, either! [Here are a few ideas](#) for kid-friendly, healthy, plant-based school lunches to get you started.

Buy or make snacks in bulk

Next time you have to stock up on snacks for your kids' school lunches, consider heading to a bulk store like Bulk Barn. Some of these stores offer discounts to customers who bring their own reusable containers instead of using the provided plastic bags.

By purchasing a larger quantity of snacks that aren't individually wrapped, you can easily eliminate tons of plastic packaging, not to mention leverage the budget- and time-saving benefits of meal prepping.

Simply portion the snacks into reusable containers at home, and you're ready to go!

Audience: Parents

Category: School Life, Parenting

Tags: School lunches, eco-friendly, new year's resolutions, waste reduction