

Litterless Lunch Challenge

What is a litterless lunch challenge? It is simply a challenge between teams or groups of people to see who will create the least amount of lunchtime waste. The goal of this challenge is to reduce waste production and therefore help to reduce our impact on the earth. Although some staff may return to more wasteful lunchtime practices after the completion of this challenge, it is hoped that more will continue with the waste-free way of packing their lunch.

Choose one day during Waste Reduction Week to hold your Litterless Lunch Challenge (or have the challenge run for the whole week). Decide how you will create teams. By choosing natural divisions (i.e. departments, floors or buildings) where people typically eat, you can set up a friendly competition. Here are some basic pointers:

- Determine a champion or leader who will coordinate the challenge. This person will be the go-to person for questions about the challenge. They may be the one responsible to determine the winners (although you can choose a support team, possibly custodial staff to help) and award the prizes.
- Give staff plenty of notice.
 - email notice (see sample notice on next page)
 - include a notice on staff paystubs
 - ensure notice is given to department heads who in turn can share it with their respective staff
- After the lunch period, the champion, with possibly the help of custodial staff, gathers the garbage bags in each eating area. You have a couple of methods that you can use to measure the results. You can share these with the staff prior to the event, or you can let them know after the challenge how you determined the winner. The two methods are by weight and volume. You can use scale to weigh the bags or you can determine the winner by visually looking at the volume (i.e. 25% of the garbage container is full).
- Announce the challenge winners and distribute the prizes.

See the Sample Litterless Lunch Challenge Announcements on the following pages

ABC Municipality Celebrates Waste Reduction Week!



How will ABC Municipality Celebrate Waste Reduction Week?

By holding a Litterless Lunch Challenge – celebrating Waste Reduction Week

What is a Litterless Lunch?

A Litterless Lunch is one packed using reusable containers rather than disposable bags, disposable containers / packaging or single-serving items. All utensils (cups, glasses, plates, cutlery) and napkins are reusable. Uneaten food is saved for later or taken home. Food scraps are collected for compost. The objective is that at the end of the lunch, there is no litter.

What is the Challenge?

A Litterless Lunch Challenge is simply a challenge between teams or groups of people to see who will create the least amount of lunchtime waste. The goal of this challenge is to think about the amount of waste one lunch generates. This challenge helps us to reduce waste production and therefore helps to reduce our impact on the earth.

All waste generated in the staff rooms in both the Administration and Public Works buildings during the lunch period on October 19 will be collected and weighed. The building with the least amount of lunchtime waste will not only have bragging rights, but will win a team prize.

Who can get involved in this Challenge?

The challenge is between staff at ABC Municipality's Administration and Public Works buildings.

When will the Litterless Lunch Challenge be held?

October 19, 2011, during Waste Reduction Week

What can we win?

A waste-free pizza lunch will be provided to the winners in November.

Why should we do this?

Besides the opportunity for bragging rights, we will be doing something good for the environment. In 2010, Albertans generated 757 kg of waste per capita. The average lunch generates .2 kg of waste. While that doesn't seem like much, multiply that over the course of one year of workday lunches and it amounts to 67 kg per person. Litterless Lunches would decrease the per capita volume of waste for Albertans by 9%, to 689 kg. Now multiply this by the number of people that work in your municipality. That's a lot of waste!

How Do I Pack a Litterless Lunch?

- *Use a reusable lunch bag or box (not a throw away, single-use plastic or paper bag).*
- *Use reusable containers for packing food (no plastic wrap, foil, plastic bags, single-serve containers and pre-packaged food).*
- *Use reusable drink containers (to-go coffee mug or water bottle). Recycleable containers (cans, bottles, juice boxes, etc.) are acceptable as long as they are collected for return to the bottle depot.*
- *Use non-disposable utensils (plates, cutlery and napkins).*
- *Organic waste such as apple cores, banana and orange peels can be composted either through a municipal program or in someone's backyard composter.*

To celebrate
Waste Reduction Week (October 17–23, 2011),
staff of XYZ Municipality is invited to participate
in a Litterless Lunch Challenge. The challenge will be
between the Human Resources, Public Works, Community
Services and Planning & Development Departments. The
goal is to see which department will produce the least
amount of lunch time garbage on Thursday, October 20.

A litterless lunch (sometimes called a waste-free lunch)
contains no throwaway packaging. All food and drinks are
packed in reusable containers within a reusable lunch bag.
All containers are resealable so that leftover food and drink
can be consumed (or composted) later.





How to pack a litterless lunch

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- **Use reusable drink containers (to-go coffee mug or water bottle). Recycleable containers (cans, bottles, juice boxes, etc.) are acceptable as long as they are collected for return to the bottle depot.**
- **Use non-disposable utensils (plates, cutlery and napkins).**
- **Organic waste such as apple cores, banana and orange peels can be composted either through a municipal program or in someone's backyard composter (this needs to be arranged prior to starting the challenge).**