



110 Quigley Drive, Cochrane, AB T4C 1Y1  
 Phone: (403)932-5177  
 Web: [cca.rockyview.ab.ca](http://cca.rockyview.ab.ca)  
 Principal: Allan Elkin  
 Assistant Principal: Jackie Root



## Boomerang & Waste Free Lunch Programs

Cochrane Christian Academy is moving toward a Boomerang and Waste Free Lunch Program in order to make a difference in our environment. Both a waste-free and a boomerang lunch enable parents to see what their children are actually eating during the day.

Waste audits carried out at schools consistently demonstrate that a significant amount of lunch waste is made up of unopened packaged foods, uneaten fruit, full juice boxes, etc. Uneaten fruit that is added to the school waste can become a wasp hazard, especially in the fall. With the Boomerang Program, organic waste can be returned home and added to the household "green bin" for participation in the Town of Cochrane organics waste program.

**Waste-free lunch/snack** - contains no throwaway packaging and produces no food waste. Food and drinks are packed in reusable containers within a reusable lunch bag.

**Boomerang lunch/snack** means that any uneaten food and any waste material produced is returned home. For sanitary purposes, it is important that food and waste packaging be taken home in a re sealable container or bag.

## TIPS & TRICKS

- Get children to help pack their lunches with healthy foods.
- Only pack as much food as your child will eat.
- Use a reusable lunch bag/box for carrying a lunch.
- Use a refillable bottle for drinks
- If you choose to use a single-serving container, please make sure it is recyclable.
- Put sandwiches, muffins, etc. in reusable containers, instead of plastic bags. Label them with your child's name so they have a better chance of coming home.
- Put cloth napkins in lunch boxes
- Cut fruit and vegetables into pieces so that some can be eaten at lunch and the rest saved for a later snack.
- Minimize the morning rush (when you'll reach for convenience, over-packaged items) and pack lunches the night before and refrigerate overnight.
- Avoid drinks in packaging that cannot be resealed. After a few sips, drinks are often discarded.

Yes Please	No Thanks
REUSABLE lunch container	SINGLE-USE paper or plastic bags
REUSABLE food container	DISPOSABLE plastic wrap, foil, wax, or Styrofo
REUSABLE drink bottle or thermos	SINGLE-USE, and non-recyclable containers
CLOTH NAPKIN to wash and re-use	PAPER napkins
CUTLERY/SILVERWARE to wash and re-use	PLASTIC forks/spoons