



List the foods in your lunch today:

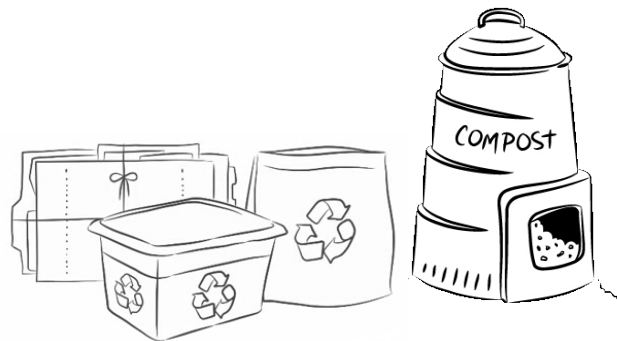
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_



Can your lunch be garbage-free with the 3R's and C?



This brochure was adapted with permission from Ms. Jayne Struch February 2015.



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# What's in my lunch?



Name: \_\_\_\_\_

Date: \_\_\_\_\_



First

## Reduce

make less waste by finding garbage-free alternatives



## Reuse

use an item repeatedly



## Recycle

make new products from used items



## Compost

turn kitchen scraps into food for soil



## Hartland Landfill

where our garbage is landfilled



Last



