

Rescue My Lunch



Overview

Track and reduce lunch waste at school. Share ideas, recipes, or strategies for using leftovers and cutting down on food and packaging waste.

Learning outcomes

- Understand the impact of food waste on the environment.
- Identify strategies to reduce food waste in daily life, including through increased awareness of food safety and expiry dates.
- Reflect on how habits around meals can shift toward sustainability.

Proof to submit

- Class summary of tracked lunch waste
- Examples of student recipes, reflections or ideas

Curriculum Connections

- Science: Food waste, decomposition, ecosystems, environmental impacts
- Mathematics: Data collection, measurement, graphs, comparing quantities
- Health & Physical Education: Food choices, food safety, wellbeing
- Social Studies: Food systems, consumption, community

Materials

- Waste tracking sheet or journal

Activity

Grades K to 6

Students track how much food and packaging they throw away from lunch over a week. Without focusing on individuals' lunches, the class brainstorms one idea to reduce food waste (e.g., smaller portions, reusable containers, saving leftovers, composting). Each idea can be illustrated or shared in writing.

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Grades 7 to 12

Students log their lunch waste for a week and reflect on patterns individually and as a class. Where feasible, the class can also measure the total amount of food waste produced each day, such as by weighing the class's collected food waste, and record the results in a chart or graph. They then create a plan to reduce food and packaging waste, share a food-saving recipe or tip, and explain its environmental benefits.

Optional Extension: Food Rescue in the Community

Classes can also explore community food rescue efforts – such as bakeries and grocers that donate excess goods or local “community fridges” that share surplus food with those in need.

Rescue My Lunch - Tracking Sheet

Name

Date

Day	Food & drink waste (uneaten or leftover items)	Packaging waste (wrappers, bags, containers)	Notes/ideas to reduce waste
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			