

## ON THE GO?

Pack waste-free meals for:

- SCHOOL
- WORK
- AIR TRAVEL
- CAR TRIPS
- PLAY DATES
- THE PARK
- FAMILY OUTINGS
- FIELD TRIPS
- PICNICS
- DAY HIKES

**REDUCE** — Cut down on packaging and food waste by purchasing fresh produce and bulk bin items and reusing your bags.

**REUSE** — Pack lunch in reusable containers. Use a refillable drink bottle, a cloth napkin, and reusable utensils.

**RECYCLE** — Search out recycle bins instead of tossing recyclables in the trash. If you can't find a recycle bin at work or school, take your recyclables home.

**ROT** — Start a compost pile at home, work, or school. If you're low on space, opt for a worm bin.

## WHAT CAN YOU DO?

Visit:

[www.wastefreelunches.org](http://www.wastefreelunches.org)

You'll find:

- tips for implementing a waste-free lunch program
- waste-free lunch success stories
- strategies for reducing waste
- lunch waste statistics
- links to important waste-free lunch sites
- this free downloadable brochure

Visit:

[www.laptoplunches.com](http://www.laptoplunches.com)

For:

- waste-free lunch kits
- nutritious lunch ideas
- tips for picky eaters
- creative lunch menus
- kid-friendly recipes
- school programs
- free e-newsletter subscription



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A child taking a disposable lunch to school creates an average of 67 pounds of lunch waste annually.

# The Waste-free Lunchbox



Make YOUR lunches waste-free!



## WHAT'S A WASTE-FREE LUNCH?

- ✓ **START WITH A REUSABLE LUNCHBOX, BACKPACK, OR BRIEF CASE**—Avoid disposable plastic and paper bags.
- ✓ **PACK YOUR FOOD IN REUSABLE CONTAINERS**—Avoid plastic bags, plastic wrap, aluminum foil, and prepackaged foods whenever possible.
- ✓ **INCLUDE A DRINK IN A REFILLABLE BOTTLE**—Avoid single-use juice boxes, drink bottles, cans, and pouches whenever you can.
- ✓ **ADD REUSABLE UTENSILS**—Eliminate disposable utensils.
- ✓ **USE A CLOTH NAPKIN**—Eliminate paper napkins.

## WHY PACK A WASTE-FREE LUNCH?

- ✓ **LANDFILLS ACROSS NORTH AMERICA ARE REACHING CAPACITY**—New landfills are built farther from the source of the waste, leading to increased disposal fees, truck traffic, air pollution, and wear and tear on local roads.
- ✓ **INCINERATORS CREATE AIR POLLUTION**—If your trash is incinerated, creating less trash will reduce the amount of harmful emissions in the air you breathe.
- ✓ **CHILDREN LEARN TO CARE FOR THE PLANET**—Packing a waste-free lunch is just one way that children can learn to **REDUCE, REUSE, RECYCLE, AND COMPOST**.
- ✓ **SCHOOLS SAVE MONEY**—Money normally spent on waste hauling can be used in the classroom instead.



## HOW CAN I PACK A WASTE-FREE LUNCH?

Packing a waste-free lunch may take more time but, given the benefit, it's well worth the extra effort. Here are some tips for making it work:

- ✓ **PACK LUNCHES IN THE EVENING** and store them in the refrigerator overnight.
- ✓ **MAXIMIZE LEFTOVERS**. Prepare extra servings for dinner. Pack the leftovers in lunchboxes in the evening while you're cleaning up.
- ✓ Stock your kitchen with **FRESH FRUITS, VEGETABLES, WHOLE GRAINS, AND OTHER NUTRITIOUS FOODS**.
- ✓ Keep **NUTS AND DRIED FRUIT** on hand.
- ✓ Buy from **BULK BINS** to reduce costs.
- ✓ Buy from a **CSA** (Community Supported Agriculture) program or **FARMERS' MARKET**. Visit [www.localharvest.org](http://www.localharvest.org) for locations near you.
- ✓ **WRITE YOUR NAME ON ALL YOUR CONTAINERS** before leaving the house.