

Why Pack a Waste-Free Lunch?

- The average student throws away 67 lbs of lunch waste per year. With more than 70 million students in the U.S., that's 4.6 billion lbs of waste nation-wide!¹
- Reducing waste in lunches can save your family money (about \$370/year).²
- Plastic packaging pollutes the environment. Avoid disposable items to protect natural resources and reduce your carbon footprint.
- Eliminating just one pre-packaged item in each lunch can make a big difference!

Tips for Action!

1. Choose a reusable (vinyl-free³) lunch box.



2. Send reusable containers for food and drinks. Use a thermos for hot items.



3. Instead of plastic and paper, send kids with cloth napkins and reusable silverware.



4. Avoid individually packaged foods whenever you can. Try to buy in bulk and use small reusable containers.



5. Pack fresh, whole foods that your child will enjoy.



¹ www.epa.gov/osw/education/lunch.htm

² www.reuseit.org

³ www.watoxics.org