



Pack a **WASTE-FREE** Lunch

Reduce:

- Avoid Excess Packaging
- Replace Disposable Items With Reusable Containers and Utensils



Reuse:

- Durable Forks, Spoons, and Knives
- Cloth Napkins
- Refillable Drink Containers
- Reusable Lunch Containers



Recycle:



Bottles, Cans,
Plastic



Food Scraps



Paper Bags

Why Pack Waste-Free?

Did you know that a person creates an average of 4.5 lbs of trash per day? By reducing the number of items in your lunch that must be thrown out, or only using those that can be eaten, reused, recycled, or composted, you can:

-  Prevent pollution
-  Conserve natural resources
-  Save energy
-  Reduce the need for disposal
-  Be an environmental steward and make a difference in your environment and the environment of the future

What You Can Do to Help:
Reduce • Reuse • Recycle

Pack Waste-Free and Healthy

Use the examples from Monday, Tuesday, and Wednesday to create your own waste-free and healthy lunch menus for Thursday and Friday. You can pack sandwiches, leftovers from dinner, fruits, veggies, juice, or anything that you think is healthy and waste-free. If you put items that need to be refrigerated in your lunch, be sure to include a reusable ice pack in your lunch box or bag. Make sure to pack only what you can eat, reuse, or recycle. And, your school might even have options to compost your food scraps.

Monday Menu

Lunch bag..... Reuse lunch box or bag
 Grape juice..... Recycle plastic bottle
 Tuna sandwich..... Reuse container
 Leftover pasta salad..... Reuse container
 Apple..... Compost core
 Ice pack..... Reuse pack

Tuesday Menu

Lunch bag..... Reuse lunch box or bag
 Water..... Reuse thermos
 Turkey wrap..... Reuse container
 Orange..... Compost peel and seeds
 Cookies..... Reuse plastic baggie
 Ice pack..... Reuse pack

Wednesday Menu

Lunch bag..... Reuse lunch box or bag
 Lemonade..... Recycle plastic bottle
 Peanut Butter and Jelly..... Reuse container
 Fruit Cup..... Recycle plastic
 Crackers..... Recycle plastic baggies

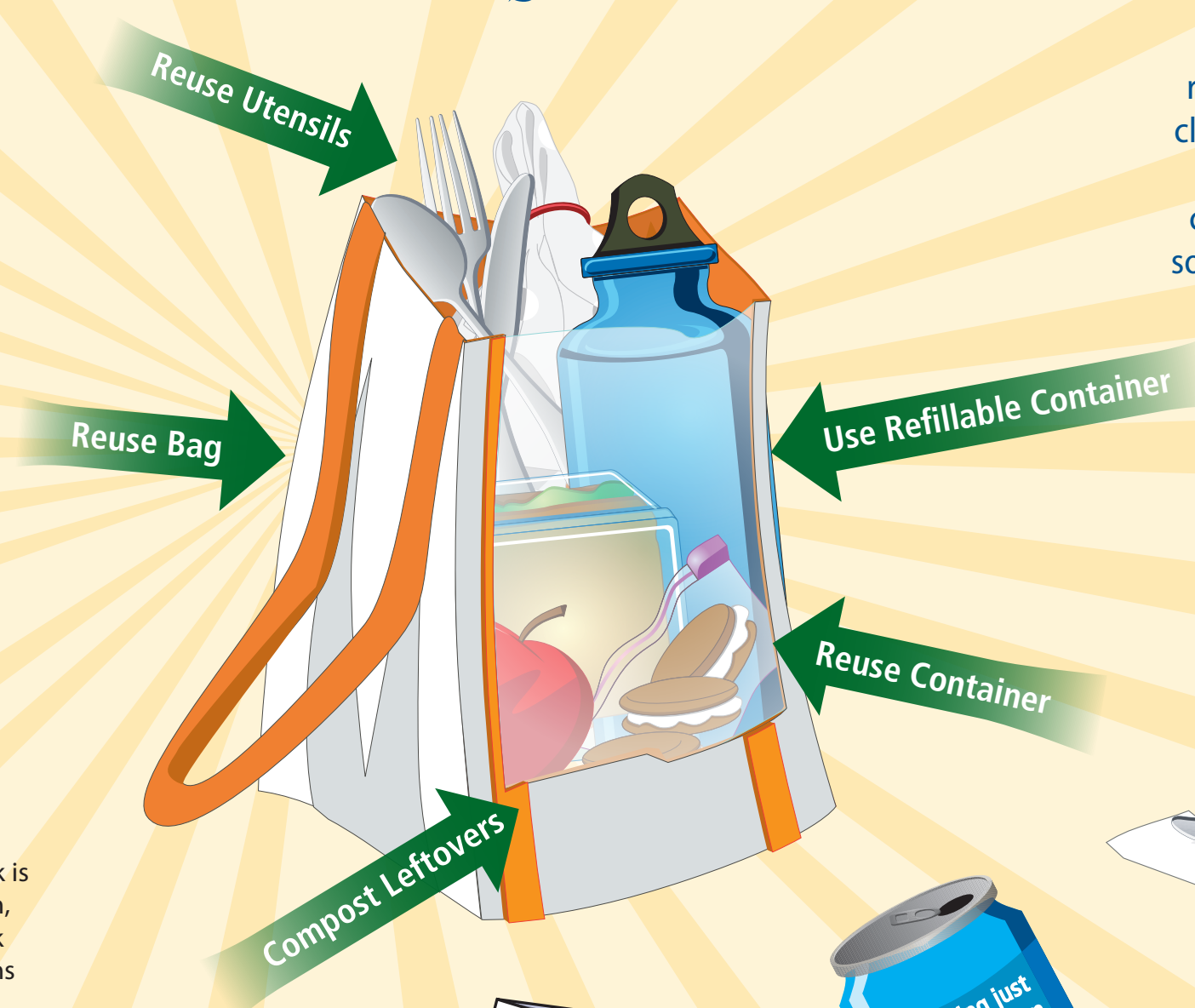
Thursday Menu

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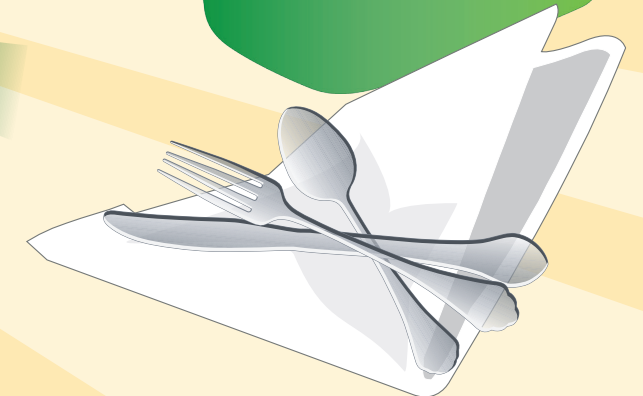
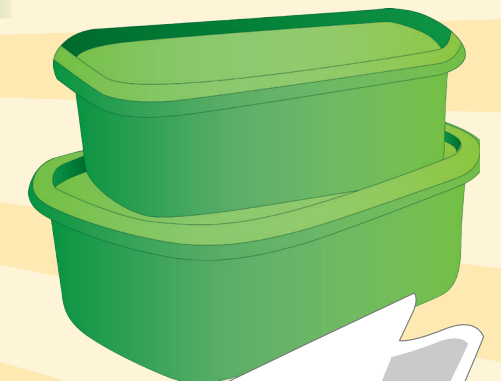
Friday Menu

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Packing Waste-Free



Bring your daily portions in reusable containers made of cloth, durable plastic, or glass. There are a lot of reusable container options out there, so you can make your lunch as unique as you!



Solid Waste and Emergency Response
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