

# HOW TO PACK a TRASH FREE LUNCH

## STEP 1: BRING REUSABLE UTENSILS

Pack a stainless fork or spoon that can be washed and reused instead of a plastic one that will be thrown away.



## STEP 2: PACK a CLOTH NAPKIN



A cloth napkin can be brought to school, washed at home and brought back the next day!

## STEP 3: GRAB a REUSABLE WATER BOTTLE

Bring a reusable water bottle instead of a disposable, plastic water bottle.



## STEP 4: TRY REUSABLE CONTAINERS



Pack a lunch in reusable containers. You can save money and resources by reusing plastic containers you already have, such as premade fruit cups and hummus dip.

## STEP 5: Take a TRASH-FREE LUNCHBOX

Try a reusable lunchbox or bag to hold the reusable food containers and water bottle. Eliminate landfill waste from one time use plastic and paper bags.



# PACK THIS, NOT THAT!

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Buying food in bulk instead of buying individually packaged items reduces the amount of trash sent to a landfill.



BUY FAMILY-SIZED BAGS INSTEAD OF INDIVIDUAL POUCHES

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PACK JUICE IN A REUSABLE BOTTLE INSTEAD OF A JUICE BOX

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BUY LARGE TUBS OF YOGURT INSTEAD OF INDIVIDUAL SERVINGS

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BUY WHOLE FRUIT INSTEAD OF FRUIT CUPS

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BY MAKING THESE CHANGES, FAMILIES CAN SAVE OVER \$200 A YEAR