

WHAT IS a

TRASH-FREE LUNCH?

STEP 1: BRING REUSABLE UTENSILS

PACK a FORK OR SPOON THAT CAN BE BROUGHT HOME AND REUSED INSTEAD OF PLASTIC 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.

WWW.LIFEFACTORY.COM



STEP 4: TRY REUSABLE CONTAINERS

PACK a LUNCH IN REUSABLE CONTAINERS LIKE TUPPERWARE AND POUCH PALS. ALSO SAVE MONEY AND RESOURCES BY REUSING PLASTIC CONTAINERS YOU ALREADY HAVE, SUCH AS PREMADE FRUIT CUPS AND HUMMUS DIP.

WWW.POUCHPALS.COM



STEP 5: Take a TRASH-FREE LUNCH BOX

TRY a REUSABLE LUNCH BOX LIKE GO GREEN LUNCH BOXES, OR PACK a LUNCH IN a REUSABLE BAG TO ELIMINATE THE TRASH FROM PAPER BAGS.

WWW.GOGREENLUNCHBOX.COM

