



## Packing a Zero-Waste Lunch

Zero waste promotes reducing waste at its source! It also promotes reducing waste by reusing and recycling. Check out these tips below sustainable student sustenance!!!



Packing a waste-less lunch can be a simple and economical step in our journey to zero waste! Re-think packaging! 30% of the garbage currently taking up landfill space is **packaging!**

### Choose to Reduce & Reuse!

- **Start with a reusable lunch tote or lunch box!**
- Pack sandwiches and snacks in **reusable** containers. “Tupperware” and “Gladware” containers are washable and durable!
- **Reusable** lunchboxes and lunch “coolers” are a great idea!
- Bring your favorite **reusable** sports or water bottle!
- Choose **cloth napkins** and **reusable** flatware to further **reduce** lunch trash!

### All-Right Recyclables!

- Paper products in your lunch, such as lunch bags and paperboard containers, can be **recycled** if they are “grease-free”, wax-free, and clean.
- Plastics #1 and #2 are considered “universal” **recyclables**. Look for these numbers with the chasing arrows on the bottom of your plastics and learn whether or not #3-#7 are accepted in your community’s recycling program.
- Steel and aluminum cans can be rinsed and easily **recycled**.
- Corrugated cardboard, glass jars and bottles (less common in school lunches) are **recyclable**, too.
- Food waste can be recycled by **composting** (see below)!

### Yikes! Pack Rats!

- Try to avoid products with lots of **packaging**. Pre-packed lunch kits and variety packs of chips can be convenient but have lots of “extras” to be discarded once you’ve finished eating.

### Crazy for Composting!

- **Compost** is the term for the nutrient rich soil made by the natural breakdown of food, leaves, grass clippings, and other natural materials.
- Talk to your school to find out if **composting** lunch waste is available. Or, start a compost pile at home.
- **Compostables** include most fruit and vegetable scraps, bread, and plant matter. Keep meats and dairy products out of your compost – these things tend to be stinky as they biodegrade! **Ask about composting lunch leftovers during your field trip!**
- Learn the art of composting and how to create your own **compost bin!**



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