

PACKING TIPS FOR A WASTE-FREE LUNCH



Send your kids to school with a lunch that's good for them and good for the planet.

DID YOU KNOW?

- 50 PERCENT OF PLASTICS GET TOSSED IN THE TRASH AFTER JUST ONE USE
- LESS THAN 14 PERCENT OF PLASTIC PACKAGING GETS RECYCLED
- ALMOST 20 BILLION PLASTIC BOTTLES GET THROWN AWAY EVERY YEAR

DITCH THE DISPOSABLE LUNCH BAG



Try a lightweight, stainless steel lunch box or a washable cloth or natural fiber bag.

STORE FOOD IN REUSABLE CONTAINERS

Avoid plastic chemicals by choosing stainless steel or glass instead.

TIP
Check with your child's school about a glass policy.



POUR WATER IN A REFILLABLE BOTTLE

Use filtered water from home or have kids refill from the drinking fountain. Disposable straws? Who needs them!



SKIP SINGLE-SERVING, PACKAGED FOODS



Buy foods such as carrot sticks, yogurt and snack items in bulk, and portion them yourself in reusable food containers.

PACK CLOTH NAPKINS & REUSABLE SILVERWARE



COMPOST FOOD SCRAPS

Encourage your kids to bring home banana peels, apple cores and unfinished food scraps to compost in your back yard.



RECYCLE, RECYCLE, RECYCLE!

In a pinch, choose recyclable food storage items like aluminum foil.




Helping parents and caregivers make informed decisions to protect the health and development of our most precious resource—our children.

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