



Zero Waste Zone

Lunch Court & Cafeteria Zone

Waste Free
@ SDUSD Schools

Why Pack Waste Free Lunches & Snacks?

It's estimated that on average a school-age child bringing a disposable lunch and snacks (lunch) generates **67 pounds** of waste per school year. That equates to nearly 19,000 pounds of lunch waste for just one average-size elementary school!* Packing a waste free lunch **helps our environment** and **saves money** for parents - up to \$300 per year per child* - and for schools - over \$500 per year for every weekly trash pickup reduced.

A waste free lunch contains no throwaway packaging. All food, snacks, and drinks are packed in reusable containers within a reusable lunch bag or box. All containers are resealable so leftover food and drink can be consumed later, as appropriate.

How to Pack a Waste Free Lunch

➤ Step 1: Take a reusable lunch box or bag

- So many varieties to choose from!
 - Insulated Bags
 - Bento boxes

➤ Step 2: Try Reusable Food Containers

- Use reusable plastic containers like Tupperware, or wash and reuse containers from other purchases, like dips or sauces.
- Try reusable pouches and wraps instead of plastic baggies.

➤ Step 3: Bring a refillable bottle or thermos

- Pack water or other beverages in a refillable bottle/thermos, instead of disposable pouches or juice boxes.

➤ Step 4: Pack reusable utensils & napkins

- Provide reusable forks or spoons to wash and reuse, instead of plastic utensils
- Include a reusable napkin, rather than paper napkins

WASTE FREE LUNCH TIPS

- Have children help pack their lunches with healthy foods.
- Only pack as much food as your child will eat.
- Use a refillable bottle for drinks – it's cheaper and children can save drinks for later.
- If you choose to use a single-serving container, please make sure it's recyclable in your child's school!
- Put sandwiches, muffins, etc. in 'Tupperware'-style containers, instead of plastic bags. Label with your child's name.
- Avoid pre-packaged, single-serve portions of snacks.
- Ask your child to bring home any uneaten foods, snacks or beverages, rather than throwing them in the trash at school. Let them know it's ok to bring it home.



*Source: www.wastefreelunches.org For more information contact Janet Whited at: jwhited@sandi.net