

Pack a waste-free lunch for:

- School
- Work
- Car trips
- On a plane
- At the park
- A family outing
- A field trip
- A picnic



Strive to include the following portions from each food group in your waste-free lunch:

- ✓ 2/3 cup fruits
- ✓ 1 1/2 cups grains
- ✓ 1/8 cup dairy
- ✓ 1 1/8 cups vegetables
- ✓ 3/4 cup protein

Packing a Waste-Free lunch can save you money!

Cost per	Average Disposable Lunch	Average Waste-Free Lunch
Day	\$4.02	\$2.65
Week	\$20.10	\$13.25
School Year	\$723.60	\$477.00

Waste-free lunches are simple

- Make your lunch the night before
- Pack leftovers from supper in reusable containers that will fit in your lunch box
- Choose easily packed foods like fresh fruit and vegetables that are healthy alternatives to processed foods

Be Waste-Free:

Reuse:

- Durable Forks, Spoons and Knives
- Cloth Napkins
- Refillable Drink Container
- Reusable Lunch Container

Recycle

- Aluminum Cans
- Glass and Plastic Bottles
- Paper Bags
- Food Scraps (compost)



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Re-think Your Lunchbox



Make Every Day a Waste-Free Lunch Day

