

Tips for a No Waste Lunch:



**Did you know that if you use a disposable lunch, you will make between 4-8 ounces of garbage everyday?*

To save natural resources:

- Carry your lunch in a lunch box or reusable bag.
- Re-use plastic containers for sandwiches and snacks.
- Use a cloth napkin.
- Put your fruit juice, or other liquids in a thermos or **reusable** container.
- Bring utensils that you can **wash and re-use**.
- If you must use a plastic bag **wash it out and keep reusing it**.
- If you purchase your snacks in a large container and bring your snack in a reusable container you are reducing your waste by only disposing of one package instead of all the individual packages.
- Pack fresh fruit since it doesn't require any additional packaging.
- Aluminum foil can be **re-used** and then **recycled**.

Please do not use:

- Disposable lunch bags, disposable containers.
- Ready made packaged lunches (such as "lunchables").
- Disposable forks, napkins, and spoons.
- Individually packaged desserts, and snacks.