

Zero-Waste Lunches

Did you know that a disposable lunch creates 4-8 ounces of trash each day? If every student and faculty member packed a disposable lunch, that would total more than 160 pounds of lunch waste everyday!

Create less waste, pack a reusable lunch!

| Wasteful | Waste Free |
|---|--|
| Brown paper bag | Lunch box or insulated bag |
| Disposable sandwich bags | Plastic sandwich container |
| Paper napkin or towel | Cloth napkin |
| Plastic cutlery | Stainless-steel forks and spoons |
| Drink boxes, pouches or bottles | Reusable drink containers |
| Prepackaged snacks, chips, fruit and applesauce | Individual servings in reusable containers |



Does it pay to make a waste-free lunch?

| A Disposable Lunch | Cost | A Reusable Lunch | Cost |
|---------------------------|-------|---|-------|
| 1 ham and cheese sandwich | \$.98 | 1 ham and cheese sandwich | \$.98 |
| 1 fruit cup | .62 | 1 apple | .30 |
| 1 granola bar | .36 | 1 serving of granola | .27 |
| 1 bag of chips | .34 | 1 serving of chips | .27 |
| 1 juice pouch | .36 | 1 serving of juice in a reusable bottle | .36 |
| 1 plastic bag | .04 | 1 reusable sandwich container | 0 |
| 1 plastic spoon | .04 | 1 stainless-steel spoon | 0 |
| 1 paper napkin | .01 | 1 cloth napkin | 0 |

Total / day \$2.75

Total / week \$13.75

Total / school year \$495.00

Total / day \$2.18

Total / week \$10.90

Total / school year \$392.40

\$495.00 - \$392.40 = \$102.60 yearly savings per child. 2 children = \$205.20

Packing a reusable lunch makes sense!

Waste-free lunches save money for parents and the school!

Less waste saves valuable space in the landfill and keeps our environment clean!