

# ZERO Waste Lunch Tips

A child bringing a disposable lunch to school each day creates an average of 67 pounds of lunch waste annually. Students are encouraged to bring lunches that include as many items as possible that can be eaten, reused, recycled, or composted and as few items as possible that must be thrown away.

You can help your child pack his or her waste-free lunch by including only what your student can eat, using reusable containers or bags, or buying non-perishable foods in bulk. In planning your child's waste-free lunch, remember: if you pack any items that need refrigeration make sure you include a reusable ice pack to keep the items fresh.

## **Include:**

- Sandwiches in reusable containers, recyclable foil or compostable wax paper.
- Whole fruits without packaging.
- Drinks in containers that can be reused, such as a thermos, or recycled, such as a can.
- Snacks purchased in bulk & brought in reusable containers.
- Reusable ice packs.

## **Don't Include:**

- Individually wrapped snacks ie chip bags
- Plastic baggies
- Disposable forks and spoons or straws

