



### **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

- o So many varieties to choose from!
  - Insulated Bags
  - Bento Boxes & More!

#### 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

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

#### More info on the back...

#### **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 singleserving 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, singleserve 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.



# Going Waste Free @ Lunch is Easy!

STEP 1: TAKE A REUSABLE LUNCH BOX OR BAG







**STEP 2: TRY REUSABLE CONTAINERS & WRAPS** 











STEP 3: BRING A REFILLABLE BOTTLE OR THERMOS







STEP 4: PACK REUSABLE UTENSILS & NAPKINS









