



The Waste-Free Lunchbox

Reduce Your Waste Size!
Make YOUR Lunches Waste-free!



ON THE GO?

PACK WASTE-FREE MEALS FOR:

- ♦ SCHOOL
- ♦ WORK
- ♦ AIR TRAVEL
- ♦ CAR TRIPS
- ♦ PLAY DATES
- ♦ THE PARK
- ♦ FAMILY OUTINGS
- ♦ FIELD TRIPS
- ♦ PICNICS
- ♦ DAY HIKES

HOW CAN I PACK A WASTE-FREE LUNCH?

Packing a waste-free lunch may take more time but, given the benefit, it's well worth the extra effort. Here are some tips:

- **PACK LUNCHES IN THE EVENING** and store them in the refrigerator overnight.
- **MAXIMIZE LEFTOVERS:** Prepare extra servings for dinner. Pack leftovers in small portions within lunchboxes in the evening while you're cleaning up.
- Stock your kitchen with **FRESH FRUITS, VEGETABLES, WHOLE GRAINS, AND OTHER NUTRITIOUS FOODS.**
- Keep **NUTS AND DRIED FRUIT** on hand.
- **WRITE YOUR NAME ON ALL YOUR CONTAINERS** before leaving the house.

WHAT'S A WASTE-FREE LUNCH?

START WITH A REUSABLE LUNCHBOX, BACKPACK, OR BRIEF CASE: Avoid disposable plastic or paper bags.

PACK YOUR FOOD IN REUSABLE CONTAINERS: Avoid plastic bags, plastic wrap, aluminum foil, and prepackaged foods whenever possible.

INCLUDE A DRINK IN A REFILLABLE BOTTLE: Avoid single-use juice boxes, drink bottles, cans, and pouches whenever you can.

ADD REUSABLE UTENSILS: Eliminate disposable utensils.

USE A CLOTH NAPKIN: Eliminate paper napkins.

REDUCE: Cut down on packaging and food waste by purchasing fresh produce and bulk bin items and reusing your bags.

REUSE: Pack lunch in reusable containers. Use a refillable drink bottle, a cloth napkin, and reusable utensils.

RECYCLE: Search out recycle bins instead of tossing recyclables in the trash. If you can't find a recycle bin at work or school, take your recyclables home.

ROT: Start a compost pile at home, work, or school. If you are low on space, opt for a worm bin.



CARLOS COYOTE SAYS:

Treat yourself & the planet to a zero-waste lunch!

Bringing your own lunch is a satisfying way to pack healthy nourishing food while saving money from eating out. Think of all the litter from a single lunch such as styrofoam, plastic tubs, paper bags, paper napkins, & plastic utensils. By packing in durable reusable containers, you'll avoid a heap of trash going to the landfill with every single meal.

