

What is a Waste Free Lunch?

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're low on space, opt for a worm bin.

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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**
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The Waste-free Lunchbox

- **START WITH A REUSABLE LUNCHBOX, BACKPACK, OR BRIEF CASE**—Avoid disposable plastic and 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.