

# Waste-Free Lunch Challenge

## How to Pack a Waste-Free Lunch

- Avoid plastic bags. Re-use take-out containers or purchase inexpensive reusable containers.
- Pack sandwiches, main dishes, fresh fruits, vegetables and yogurt treats in the reusable containers.
- Use reusable drink containers and water bottles. Juice boxes are recyclable now, but reusable is still better.
- Pack cloth napkins, stainless-steel forks and spoons or re-use heavy duty plastic wear.
- Use reusable lunchboxes or bags. Many come insulated.
- Encourage your children to bring home uneaten food in place of throwing it away.



**Save our precious resources and reduce your landfill contribution - reusing something just once increases its use value by 100%!**