

Zane's and Isaac's Waste Free Lunch Guidelines

What's a "waste free lunch?" It's a lunch where you don't throw out any food, packaging or utensils. You eat what you get, and you either re-use, recycle or compost your packaging and utensils. Nothing goes into the garbage can! Here's how to do it:

ITEM	YES	NO
To carry your lunch	Washable cloth bag Lunch Box Paper bag that is reused and eventually recycled	Plastic or Wax bags Paper bag that you throw out after using it once
To pack food	Buy food in large packages and make small servings using: Re-usable plastic containers Aluminum foil Ziplock bags that you reuse Thermos for hot/cold food Pack foods with their own packaging like vegetables and fruits	Plastic bags that you throw away Store packaging that is only used once, like little yogurt cups and individual chip bags.
For your drink	Thermos Reusable plastic container Drink in metal can	Individually packaged drinks Drink boxes and pouches Small milk or juice cartons
Utensils	Real or plastic utensils that you take home and wash and reuse	Plastic utensils that you throw away
Napkins	Cloth napkin that you take home and wash	Paper napkins
Food	Pack only food you will eat, in quantities you will eat	Packing food that you don't like Packing too much food

Zane's Lunch Box Notes

Hi! I'm a fourth grader trying to help you pack a waste-free lunch. These are my recommendations for how to pack one: Use lunchboxes because brown paper and cloth, even if you reuse them, can rip and tear. The same goes for sandwiches. Use tupperware; aluminum foil and ziplock bags can't be reused as many times, and they also can rip or tear. Aluminum foil CAN be recycled though and ziplocks can be washed and reused. Use thermoses or tupperware for drinks. Juice boxes can't be recycled and plastic bottles can't be reused. Finally, large packages use less plastic than multiple bag snack packs. So, buy big packages and put snacks from the big bag into small tupperwares that you can reuse. That's all for now. See ya' on the playground, and make sure to recycle and to eat your whole lunch! *Some useful websites:* laptoplunches.com (for colorful lunch box and plastic container kits), wastefreelunches.com (lots of good information and links), greenearthofficesupply.com (for reusable eco-sandwich bags).