



**MARCH 30- APRIL 3**  
IS  
**WASTE FREE LUNCH WEEK**

**TAKE A MOMENT TO THINK ABOUT WHAT THAT MEANS...**

From brown-paper lunch bags to plastic wraps and baggies to the unnecessary packaging of single-serving foods, our addiction to fast and "convenient" lunch products adds billions of tons of trash to landfills each year, not to mention the enormous waste of money and natural resources required to produce and dispose of packaging. (EPA and U.S. Census data)

Adopting a waste-free lunch lifestyle is a simple way to reduce consumption - literally on a daily basis. Making lunches more sustainable cuts down on thousands of use-and-toss items, while saving money in the long run.

**SOME EYE OPENING FACTS**

\* **JUICE BOXES:** Close to 2.7 billion juice boxes end up in landfills every year. This is considered inorganic trash, which retains its weight, volume and form for at least 40 years.

\* **PAPER BAGS AND NAPKINS:** It is estimated that 17 trees are cut down for every ton of non-recycled paper.

\* **PLASTIC BOTTLES, FORKS, WRAP:** US Citizens discard 2 ½ million plastic bottles EVERY HOUR.

\* **STYROFOAM:** US Citizens throw away 25 billion Styrofoam cups EVERY YEAR.

**IF EVERY CHILD IN THE US ADOPTED A WASTE-FREE LUNCH  
(INCLUDING FINISHING ALL OF THEIR FOOD), WE COULD DIVERT  
MORE THAN 3 BILLION POUNDS OF TRASH FROM OUR  
LANDFILLS EACH YEAR.**

## 5 SIMPLE WAYS TO PACK A WASTE FREE LUNCH

### YES

Reusable Carrier (Lunchbox, Cloth Bag)

Reusable Containers

Thermos or Reusable Bottle for drinks

Whole Fruits without packaging

Cloth Napkin (to wash and reuse)

Silverware (to wash and reuse)

### NO

No Throw Away Bags

No Plastic Wrap, Baggies  
Foil or Styrofoam

No single use juice cartons

No individually wrapped  
snacks, meals or desserts

No Paper Napkins

No plastic forks or spoons