**Can Your Student’s Lunch Help Save the Planet?**



More kids and parents are packing Trash Free Lunches.

Are you ready to make the switch?

**Did You Know…**The average American student produces 67 pounds of packaging waste from their school lunches every year?! That adds up to a huge amount of waste; more than 18,000 pounds of plastic, paper, and other non-food materials for just one average-sized elementary school.

**We are asking for your help so that our school can become a part of the solution.** When packing lunches and snacks for your students, please pack Trash Free. This means that everything they bring can either be eaten or reused. It’s so simple:

* + **Step 1:** Start with a reusable lunch box or cloth bag.
  + **Step 2:** Pack sandwiches and other lunch foods in reusable containers or wraps.
  + **Step 3:** Purchase your student’s favorite snacks like yogurt, chips and crackers in bulk and pack small portions each day in a reusable container. By buying in bulk, you will cut down on packaging waste and save money!
  + **Step 4:** Pack water and juice drinks in a reusable bottle.
  + **Step 5:** Pack reusable utensils and cloth napkins.

By making these small changes, not only will you be helping the earth, but you’ll also save money too. By buying in bulk and trading disposable containers for reusables, families can save over $200 each school year!

**Reuse What you Have!**

To pack Trash Free, you can invest in reusable sandwich wraps, snack pouches, and containers that will save you money over time. You can also simply reuse items you already have at home. Lunch meat, hummus and salsa containers from the store make excellent food containers for sandwiches, chips and snacks. Take out containers from your favorite restaurants also make great reusable lunch containers and can be used over and over again!