**Trash Free Lunch Peer Education Scripts**

**Step 1: Describe the Problem**

* “Did you know that the average American produces almost 5 pounds of trash each day? And did you know that American students create 67 pounds of lunch packaging waste each school year. That’s more than 18,000 pounds of plastic, paper, and other non-food materials for just one average-sized elementary school.”
* “Much of this trash goes to a landfill where it will sit for hundreds of thousands of years, but some of it ends up as litter in our oceans, forests, and communities, hurting the health of both people and animals.”

**Step 2: Provide a Solution**

* “By ditching single use packaging and bringing a Trash Free Lunch or snack to school, you can reduce your waste and help make our school more sustainable.”

**Step 3: Take Action!**

* “Starting  *(date)* we are asking our students, teachers and administrators to be part of the solution and help (*name of school)* become a Trash Free Lunch School!”
* “Join us by packing Trash Free Lunch…” – Fill in based on your **Team Organizer**
	+ “On  *(date)”*
		- If one-time event, ex. Thursday, September 14
	+ “Every ­­  *(day of the week) starting on*   *(date)*
		- If specific days of every week, ex. Tuesdays and Thursdays starting on September 14
	+ “Every time you bring a lunch or snack to school”
		- If every day

**Step 4: Provide Information to Take Action**

* “What is a Trash Free Lunch?”
	+ “A Trash Free Lunch is a lunch that contains no single use packaging or waste.”
	+ “Everything included in a Trash Free Lunch should be able to be eaten, reused, or composted. It’s easy and can help save the planet and save money. Here’s how.”

|  |  |
| --- | --- |
| **Old Me** | **New Me** |
| Packs single-use lunch bags | Packs food in a reusable lunch box or bag that is repurposed from a cloth bag or something else you have at home.Pro tip: Bring a reusable lunch box or bag to show as an example! |
| Uses disposable sandwich bags | Packs sandwiches in a reusable container.You can invest in reusable sandwich wraps and snack pouches or use items you already have at home. Lunch meat, hummus and salsa containers from the store make excellent food containers for sandwiches, chips, and snacks. Simply wash them out and reuse them over and over again.  |
| Packs single-use snack bags and yogurt cups | Buys favorite snacks in bulk and pack a portion each day in your favorite reusable container. Replaces granola bars with bulk granola, dried fruit, and nuts. By buying in bulk, you will cut down on packaging waste and save money! |
| Packs non-recyclable foil drink pouches and other single-use bottled drinks | Buys juices, yogurt and other drinks in bulk and fills them up in reusable water bottles. |
| Packs single-use plastic utensils and disposable paper napkins | Brings reusable utensils from home and cloth napkins that can be washed and reused. |

**Not Sure if It’s Single-Use or Reusable?**

* “Ask a Trash Free Lunch Team Member if you have any questions!

 ” *(Team member name and contact information)*