

Waste Less Wednesday

Teacher Supplement

Where Does Your Trash Go?

We Produce a Lot of Trash



Waste Causes Greenhouse Gas Emissions



Look for Easy Switches, Like Us!

- Reusable Containers
- Reusable Bottles
- Reusable Utensils
- Cloth Napkins



Note: These resources can be viewed as a [slideshow](#)

Lunches Create a Lot of Waste

Whether you're packing a full lunch for school, bringing a snack for recess or packing food to go somewhere on the weekends, choosing to pack Trash Free reduces waste, saves the environment and saves money! According to the EPA, the average American student creates 67 pounds of lunch packaging waste each school year. That's more than 18,000 pounds (about the same weight as two elephants!) of plastic, paper, and other non-food materials for just one average-sized elementary school.

Waste Causes Greenhouse Gases

Fossil fuels are mainly used for both the international production of our packaging and disposal of our waste. These fossil fuels give off greenhouse gases that make Earth hotter and lead to climate change. In 2019, landfills alone produced 91 million metric tons of CO2 in the United States. That's the same weight as 455,000 blue whales!

Choose to Go Trash Free

So what can you do about this? We all know the 3 Rs: Reduce, Reuse, and Recycle. Starting with the most important R, Reduce using single use items typically found in packed lunches. By making simple changes, like packing food and drinks in reusable containers and bringing reusable utensils/cloth napkins. You will reduce your waste and make your school and community more sustainable!

Watch These Videos for Inspiration!



Reduce, Reuse, Recycle

[Click here to watch!](#)



Helmer's Trash Free Lunch

[Click here to watch!](#)