

# THE ZERO WASTE SCHOOL LUNCH

## Why do we want a ZERO WASTE SCHOOL LUNCH?

A single student produces 45 to 90 pounds of garbage every year in disposable lunches. This garbage doesn't just go away. It takes up vanishing landfill space. The more garbage we produce, the farther we have to truck it for dumping, and the more greenhouse gases we emit. Even items that we try to dispose of responsibly (such as light-weight plastic bags) may blow out of bins, trucks, and landfill sites, landing in our streams and Bay.

**Going Zero Waste is one of the most significant things we can do to protect the environment and our children's health.** And it's easier than you think!

## What is a ZERO WASTE SCHOOL LUNCH?

A Zero Waste School Lunch is a celebration of community and our connection to all of life. A Zero Waste School Lunch generates no trash. Instead, everything can be eaten, reused, or recycled. More info can be found at [www.wastefreelunches.org](http://www.wastefreelunches.org). Or contact:



or one of our school partners:



## What to use for your ZERO SCHOOL LUNCH:

- A lunch box or reusable canvas or linen bag
- Reusable containers for sandwiches, yogurt, fruit, vegetables, crackers, etc.
- Thermos or reusable drink containers (bottles, covered cups, etc.)
- Reusable tableware
- Washable cloth napkins
- Real forks and spoons that can be taken home and washed



## What NOT to use for your ZERO SCHOOL LUNCH:

- Juice boxes, disposable plastic or foil drink containers (ie Capri Sun)
- Plastic bottles are best to avoid
- Styrofoam containers and cups
- Plastic baggies
- Aluminum foil (unless you can take it home to wash and reuse, then recycle)
- Individual-serving containers (e.g., chips, cookies, applesauce, pudding, etc.)
- Plastic forks and spoons
- Lunchables

