

# HOW TO: PACK A ZERO WASTE LUNCH!

- Avoid disposables by making an easy switch:
  - Send reusable water bottles instead of single-use plastic bottles
  - Send silverware/durable forks instead of plastic
- Film plastic goes directly to landfill; instead:
  - Avoid Ziploc or snack bags by sending reusable containers (e.g. Tupperware)
  - Instead of kid-size portion wrappers, try buying favorite snacks in bulk to minimize packaging
- When food goes to landfill it creates methane gas, which is a powerful contributor to climate change
  - Encourage your student to bring back any food they don't eat, rather than throwing it away - wasting food wastes resources
  - When they have scraps left at school, remember to encourage composting!

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If you have questions about Marin Sanitary Service's 4R Planet Educational Program, contact Casey Fritz, the Schools & Community Recycling Coordinator, at 415-458-5539 or [casey.fritz@marinsanitary.com](mailto:casey.fritz@marinsanitary.com)