





Recipe for a Litterless Lunch

When packing a lunch for your child, consider the following ideas. Not only is this better for the environment but it can save you money as well.

Here are some packing tips to **MUNCH** on:

Yes Please 	No Thanks 
REUSABLE lunch carrier	NO paper or plastic bags
REUSABLE container (Tupperware, plastic)	NO plastic wrap, foil, wax or Styrofoam
REUSABLE drink bottle or thermos	NO single-use cans, bottles or cartons
CLOTH NAPKIN to wash and re-use	NO paper napkins
SILVERWARE to wash and re-use	NO plastic forks/spoons
HEALTHY snacks!	NO over packaged snacks

Why pack a Litterless Lunch?

- It's waste-free
- \$\$ It's cheaper \$\$
- It's healthier
- It reduces packaging waste

Food For Thought:

The average student lunch generates 30 kg of waste per school year. That adds up to 8,509 kg of waste per school!!!

Here are some of the costs to **MUNCH** on:

Litterless Lunch	Regular Lunch
\$2.65/ an average day	\$4.02/an average day
\$13.25/week	\$20.10/week
\$477.00/school year	\$723.60/school year

Care for your Child and Care for the Earth!

