



How to pack a zero waste lunch!

Your children are participating in the Wastebusters School Program sponsored by RecycleSmart.

RecycleSmart's goal is to recycle and compost 75% of everything that we dispose of at school. We are recycling our clean paper, plastic and metal and composting our food scraps, paper towels and napkins.

You can help reduce waste even further by helping your child pack a **Zero Waste Lunch**.

Here are a few suggestions for getting started:

- ✓ Pack a cloth napkin instead of a paper napkin.
- ✓ Pack reusable utensils instead of using disposable plastics.
- ✓ Pack a reusable drink container instead of disposable juice boxes, juice pouches, cans, and plastic bottles.
- ✓ Pack lunch items in reusable containers. Avoid using plastic wraps, plastic bags, wax-paper bags, and aluminum foil.
- ✓ Avoid purchasing pre-packaged items. Buy foods in larger containers and leave them at home for recycling.
- ✓ Pack lunches in a lunch box or backpack instead of relying on paper or plastic bags.
- ✓ Ask your child to bring home their food scraps instead of throwing them away at school. That way you can see what they like and what they are eating.



Here are more resources for reducing lunch waste:

<http://www.wastefreelunches.org/>

<http://www.calrecycle.ca.gov/ReduceWaste/Schools/food/ZeroWaste.htm>

<http://myzerowaste.com/2008/08/how-to-pack-a-reduced-waste-lunch-box/>

For more information about RecycleSmart, please visit:

<http://www.recyclesmart.org/>

