

# PACKING A WASTE-FREE 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.

## Why pack a Waste Free Lunch?

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

YES PLEASE, bring this for your WASTE-FREE LUNCH	
<p>REUSABLE lunch carrier</p> 	<p>REUSABLE container (Tupperware, plastic containers)</p> 
<p>REUSABLE drink bottle or thermos</p> 	<p>CLOTH NAPKIN to wash and re-use</p> 
<p>SPOON and FORK to wash and re-use</p> 	<p>HEALTHY snacks! (no nuts please)</p> 

## Food For Thought:

The average student lunch generates 30.5 KG (67 lbs) of waste per school year.

That adds up to 8527.3 KG (18,760 lb) of waste per average school!!!

The Cost of a Pre-Packaged Lunch  
 \$4.02 / day  
 \$20.10 / week  
 \$723.60 / school year

The Cost of a Waste-Free Lunch  
 \$2.65 / day  
 \$13.25 / week  
 \$477.00 / school

By sending your child to school with a waste-free lunch, you will be saving money, AND be kinder to our planet.