

REDUCE YOUR BACK TO SCHOOL WASTE

- Take inventory of last year's supplies
 - Reuse binders, scissors, pens and pencils, etc.
- Get a reusable lunch box – they come in cool colors and designs
 - Refillable water bottles are good too!
- Did you know your school recycles?
 - Recycle scratch paper, beverage containers, and other items
- Reuse items you would throw away for fun crafts
- Don't print more paper than you need
- Print double sided
- Used paper from the recycle bin for scratch paper
- Buy supplies in bulk to minimize packaging

Reducing your waste will

save you money!



ZERO WASTE LUNCHES

1. Use a reusable lunchbox
2. Pack reusable utensils from home instead of disposable
3. Pack a cloth napkin that you can wash and reuse
4. Buy snacks in bulk and repack into smaller reusable containers
5. Pack sandwiches into reusable containers
6. Pack only as much food as you can eat so nothing is wasted
7. Trade with friends if you don't like something
8. Wash your reusables and use them the next day!



A Disposable Lunch

| | |
|------------------------------|---------------|
| 1 egg salad sandwich | \$1.25 |
| 1 yogurt | .85 |
| 1 granola bar | .45 |
| 1 apple | .30 |
| 1 package of carrots and dip | .65 |
| 3 plastic bags | .12 |
| 1 juice pouch | .35 |
| 1 plastic spoon | .04 |
| 1 paper napkin | .01 |
| TOTAL | \$4.02 |

A Waste-free Lunch

| | |
|------------------------------|---------------|
| 1 egg salad sandwich | \$1.25 |
| 1 serving of yogurt | .50 |
| 1 serving of granola | .35 |
| 1 apple | .30 |
| 1 serving of carrots and dip | .25 |
| water | 0 |
| cloth napkin | 0 |
| stainless steel spoon | 0 |
| packaging | 0 |
| TOTAL | \$2.65 |

Content courtesy of www.wastefreelunches.org.