



# Pack a **WASTE-FREE** Lunch

## Reduce:

- Avoid Excess Packaging
- Replace Disposable Items With Reusable Containers and Utensils



**Bottles, Cans,  
Plastic**

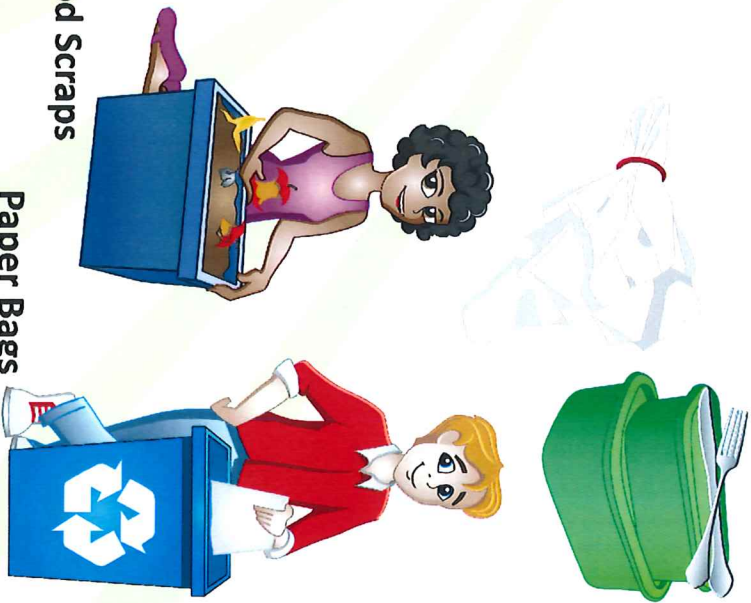
## Recycle:

**Food Scraps**

**Paper Bags**

## Reuse:

- Durable Forks, Spoons, and Knives
- Cloth Napkins
- Refillable Drink Containers
- Reusable Lunch Containers



## Why Pack Waste-Free?

Did you know that a person creates an average of 4.5 lbs of trash per day? By reducing the number of items in your lunch that must be thrown out, or only using those that can be eaten, reused, recycled, or composted, you can:

- Prevent pollution
- Conserve natural resources
- Save energy
- Reduce the need for disposal
- Be an environmental steward and make a difference in your environment and the environment of the future

**What You Can Do to Help:**  
Reduce • Reuse • Recycle

## Pack Waste-Free and Healthy

Use the examples from Monday, Tuesday, and Wednesday to create your own waste-free and healthy lunch menus for Thursday and Friday. You can pack sandwiches, leftovers from dinner, fruits, veggies, juice, or anything that you think is healthy and waste-free. If you put items that need to be refrigerated in your lunch, be sure to include a reusable ice pack in your lunch box or bag. Make sure to pack only what you can eat, reuse, or recycle. And, your school might even have options to compost your food scraps.

**Monday Menu**

Reuse lunch box or bag

Recycle plastic bottle

Reuse container

Reuse container

Reuse container

Reuse pack

Reuse pack

**Tuesday Menu**

Reuse lunch box or bag

Reuse thermos

Reuse container

Reuse pack

Reuse pack

Reuse pack

**Wednesday Menu**

Reuse lunch box or bag

Recycle plastic bottle

Reuse container

Recycle plastic bottle

Recycle plastic bottle

Recycle plastic bottle

**Thursday Menu**

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**Friday Menu**

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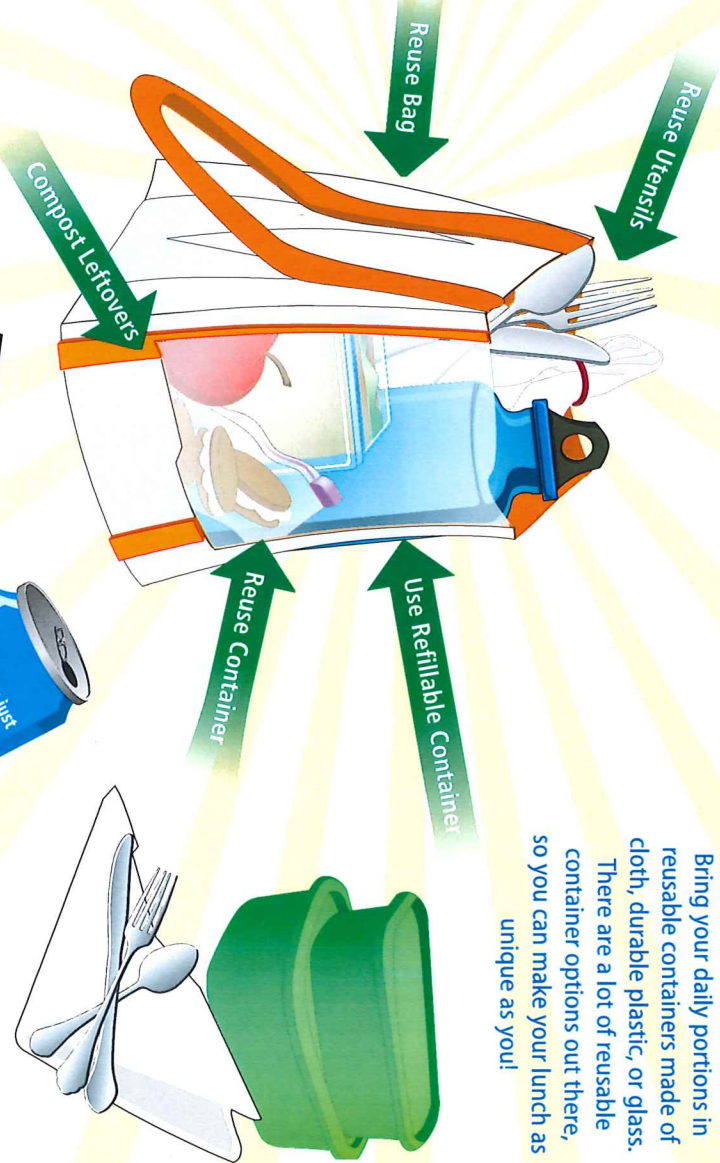
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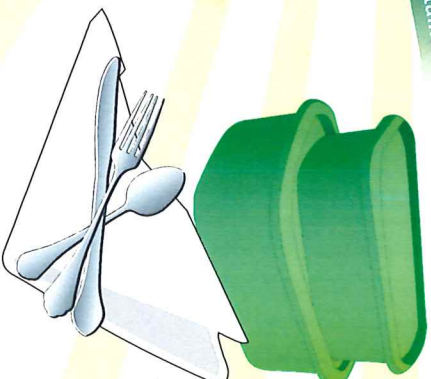
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## Packing Waste-Free



Bring your daily portions in reusable containers made of cloth, durable plastic, or glass. There are a lot of reusable container options out there, so you can make your lunch as unique as you!



Solid Waste and Emergency Response  
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