

# ROSEMARY HILLS TRASH-FREE LUNCH PROGRAM

**WHAT is a Trash-Free Lunch?** Packing a trash-free lunch means using reusable food and drink containers, utensils, and napkins instead of disposable items.

**WHY?** Consider the amount of trash in just one child's lunch. (Single-use drink cartons, yogurts, plastic wrap, baggies, snack bags, paper napkins, etc.). The average-size US elementary school generates **18,760 pounds of lunch waste** per year. We can all do our part to **reduce waste!**

**WHEN? Every Tuesday** (and of course, we encourage you to reduce waste everyday!)

## HOW to Pack a Waste-Free Lunch?

CHOOSE	AVOID
Reusable containers and pouches	Plastic wrap, foil, wax paper, styrofoam, single-serving snacks
Reusable drink bottle or thermos	Single-use cans, bottles, cartons or pouches
Cloth napkin to wash and re-use	Paper napkins
Reusable forks and spoons	Disposable forks and spoons
PVC-free reusable lunch carrier	Paper or plastic bags*

\* If you do not have a lunch box, please reuse and recycle your bags. Reusable lunch bags are also available for students – please contact the school office.

## More Waste-Free Lunch Tips:

- Label all containers and help your child practice opening them
- Purchase larger quantities of snacks and place in containers, instead of pre-packaged single-servings
- Cut up big items so kids can save food for after school snacking
- Prepare extra food at dinnertime and use leftovers for lunches
- Get children to help pack their lunches with healthy foods
- Minimize the morning rush (when likely to opt for convenience), and pack lunches the night before