



Extension: Creating a No-Waste Lunch Display

Follow these simple suggestions and you're on your way to an Earthwise Lunch! Ask students to practice these steps in their own lunch habits for a week or two, then bring in sample items to make a display for other students in the cafeteria.

Pack your lunch

- ...in a colorful lunch box
- ...in a reusable and recyclable paper bag
- ...in a reusable cloth bag or lunch sack



Students at Lynch Wood Elementary, an Oregon Green School and a Waste Reduction Awareness Program (WRAP) award winner, demonstrate their school's "no-waste lunch" program.

Rinse and Reuse

- ...yogurt tubs for pudding, blueberries, nuts and raisins
- ...plastic water/pop bottles for juice, water
- ...locking baggies for sandwiches, veggies, cookies, chips
- ...aluminum foil for sandwiches, pizza, chicken
- ...forks and spoons (plastic or metal)



Buy in Bulk

- ...whenever you can, then package your individual servings into a reusable container
- ...bring items in their own natural packaging like oranges or bananas

Feed the worms or compost pile

- ...save your vegetarian food scraps (no meat or dairy, please) for the worm or compost pile at school or home if you can



Close the loop

- ...choose items that have recycled-content packaging--remember to look for the term "post-consumer content"
- ...choose items that are recyclable like a glass bottled drink over a disposable drink box
- ...take home used or leftover items to recycle if your school does not have a recycling program

Why pack an Earthwise Lunch?

- ...it prevents waste, so there's less to throw away
- ...it saves energy, habitat for animals and natural resources
- ...it saves money---remember, you have to pay for all the extra packaging that you buy and then you have to pay to have your garbage taken away later!

