

# Low Waste Lunch Challenge

The challenge is designed to be a resource for educators to raise awareness around the issue of waste reduction. The objective is to reduce the amount of waste generated by schools, and to engage students, teachers, chaperones, and parents on the 3R principles: reduce, reuse, and recycle.

Many parks have a Carry In-Carry Out Garbage Policy. Schools are encouraged to review these low-waste tips, before the field trip, to minimize the trash that has to be brought back on the bus to school.

## Attention Parents & Students!

### What to Pack:

- Reusable lunch containers for sandwiches & snacks
- Durable forks, knives, and spoons
- Refillable drink containers
- Cloth napkins



### At Your Picnic:

- Compost your appropriate leftovers
- Recycle single-use containers
- Tuck durables back into lunch bags



## 1 Gallon Bag Challenge for Field Trips

### Attention Teachers!

Can your class minimize its school lunch waste so that it will fit into a gallon Ziploc bag? Follow the steps on this sheet & review it with your students before the field trip so they can pack their lunches wisely. At the field trip, have your students put durables back in their lunch bags, recycle, compost, and then place waste in the class gallon bag. If multiple classes are on the field trip, then each class' garbage can be weighed for a competition.



# A Waste Free Lunch

**DURABLE:** able to withstand wear & used hundreds of times

- cloth napkins
- stainless steel forks, spoons, & knives
- reusable lunch boxes
- reusable drink containers
- packing your sandwiches, main dishes, fresh fruit, fresh vegetables, treats, & snacks in reusable lunch containers



# A Disposable Lunch

**DISPOSABLE:** intended to be used once & thrown away

- paper napkins
- plastic forks, spoons, & knives
- disposable paper & plastic bags
- disposable milk cartons, water bottles, juice pouches, & soda cans
- packing your sandwiches, fruits, & vegetables in plastic bags
- prepackaged chips, granola bars, crackers, yogurts, & puddings



## Recycle:



Look for this recycling symbol on the bottom of any plastics you use in your lunch! Without the symbol, the plastic item cannot be recycled & has to go in the trash!

- Ziploc baggies, chip wrappers, etc. **DO NOT** have a recycling symbol and **CANNOT** be recycled.
- Check your pudding cups & applesauces!

Not all plastic is created equal. It is **NOT** all recyclable! Does your pudding cup even have a recycling symbol?



## Compost:



Check to see if your site has a compost bucket available! Fruit and vegetable remains including apples, bananas, grapes, carrots, and broccoli may be composted. Please remember to take the stickers off your fruit before putting it in a compost bucket! Did you bring paper napkins with you? They can be composted too!