

Having trouble viewing this email? [Click here](#)

August 2015 EcoFacts



BACK TO SCHOOL: Zero Waste Lunches (Not just for kids!)

Did you know?

On average, a school-age child using a disposable lunch generates 67 pounds of waste per school year. That means that just one average-size middle school creates over 40,000 pounds of lunch waste per year.[1] The food industry has done a great job of providing a variety of convenient single-serve products for sack lunches. Single-serving items come in their own disposable packages, but they usually are not recyclable. Even when packing lunches at home, we tend to use single-use plastic bags, aluminum foil and waxed paper that become more landfill waste.



A waste-free lunch would look like this: everything can be eaten, reused, recycled or composted. Sandwiches and other main dishes, fruits, vegetables and treats can be placed in reusable lunch containers made of stainless steel, plastic or bamboo. Cloth napkins, reusable stainless steel forks and spoons, reusable drink containers and lunch boxes complete the ensemble. A waste-free lunch is cheaper than a disposable lunch because there is no wasted packaging, and food can be purchased in bulk. It might be healthier too, since prepackaged foods tend to be more highly processed.

What can you do?

Japanese style bento boxes are lunch boxes with individual compartments for food all in one. They can be found in a variety of styles and materials from plastic to stainless steel to bamboo. Look online for ideas on what is out there. Laptop Lunches, Reuseit, Bento & Co. and many others stores have stylish, durable options. Also, pack your lunch the night before and keep it in the refrigerator.

Policy

Could your child's school be a zero waste leader? Try enlisting your school's Principal, Lead Custodian and a Teacher to partner with Grades of Green to institute a Trash Free Lunch Challenge.[2] Grades of Green provides schools with the education and tools they need to be successful. Students are taught how to pack trash free lunches, and if they buy their lunch, they can do their part by sorting their waste into recyclables, compost, liquid, and landfill.

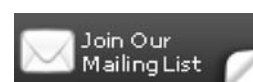
1 <http://www.epa.gov/waste/education/pdfs/lunch.pdf>

2 <http://www.gradesofgreen.org/trashchallenge>

Visit www.wastecapne.org for all your recycling needs.



WasteCap Nebraska
402-436-2384
www.WasteCapNE.org



Copyright © 2014. All Rights Reserved.

[Forward this email](#)



This email was sent to chakenkamp@wastecapne.org by communications@wastecapne.org | [Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [About our service provider.](#)



WasteCap Nebraska | 610 J Street, Suite 300 | Lincoln | NE | 68508