



## Tips for Packing a Zero-Waste Lunch



Dear Teacher,

You have registered to attend a SCARCE Green STEM class. During the full-day class, you will be responsible for your own lunch. In keeping with the philosophy of the 3 R's - Reduce, Reuse, Recycle - **please prepare a ZERO-WASTE LUNCH (including your drinks).**

- 🌍 If your lunch has any leftover packaging or wrapping, it will be going back home with you! (Our red-wiggler worms will love your veggie/fruit peels and cores.)

A waste-free lunch can be packed using the guidelines below. Google "zero-waste lunch" or visit reuseit.com for some cool zero-waste lunch inspiration and gear. Together, we can make a difference and help to make the world a cleaner place!

*Thank You!*

| YES   | NO   |
|---|--|
| Fabric Lunch Bag/Plastic or Metal Lunch Box   | Paper Lunch Bags/Plastic Grocery Bags  |
| Cloth Napkins or Wash Cloths  | Paper Napkins or Paper Towels  |
| Refillable Drink Containers, Reusable Water Bottles,<br>Recyclable Pop Cans or Bottles<br>(*Reusables/refillables* are preferred) | Juice Boxes or Juice Pouches   |
| Metal Silverware or Reusable Plastic Utensils   | Disposable Utensils  |
| Small Servings in Rubbermaid, Pyrex or similar containers   | Pre-Packaged Lunch Kits<br>Single Serve Snacks<br>(pudding or applesauce cups, potato chip bags etc) |
| Empty Margarine Tubs, Salsa Jars, or Yogurt Containers, Reusable Baggies  | Plastic Baggies  |
| Fresh Fruits & Veggies<br>(peels & cores can be composted)  | Pre-cut Store-Packaged Fruits/Veggies  |