**What does a waste-free lunch look like?**

|  |  |
| --- | --- |
| **A Typical American Lunch(DISPOSABLE)*** sandwiches sealed in plastic bags
* fruits and vegetables in plastic bags
* prepackaged chips, cookies, fruit bars, granola bars, cheeses, and fruit leathers
* prepackaged yogurts, applesauces, and puddings
* crackers, pretzels, chips, and other snack foods sealed in plastic bags
* disposable juice boxes, juice pouchs, soda cans, water bottles, and milk cartons
* plastic forks and spoons
* paper napkins
* reusable lunchboxes and disposable paper and plastic bags
 | **A Waste-Free Lunch(REUSABLE)*** sandwiches and other main dishes, fresh fruit, fresh vegetables, and treats in a reusable lunch container
* cloth napkins
* stainless-steel forks and spoons
* reusable drink containers
* reusable lunchboxes

\*With this type of lunch, lunch food items can be bought in larger quantities. The packaging can be left at home for reuse or recycling. Waste-free lunches are not only a wise environmental choice, but they are less expensive as well. |

**What does it cost to pack a waste-free lunch?**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **A Disposable Lunch**

|  |  |
| --- | --- |
| 1 egg salad sandwich | $1.25 |
| 1 yogurt | .85 |
| 1 granola bar | .45 |
| 1 apple | .30 |
| 1 package of carrots & dip | .65 |
| 3 plastic bags | .12 |
| 1 juice pouch | .35 |
| 1 plastic spoon | .04 |
| 1 paper napkin | .01 |
| **TOTAL** | **$4.02** |

 | **A Waste-free Lunch**

|  |  |
| --- | --- |
| 1 egg salad sandwich | $1.25 |
| 1 serving of yogurt | .50 |
| 1 serving of granola | .35 |
| 1 apple | .30 |
| 1 serving of carrots & dip | .25 |
| water | 0 |
| cloth napkin | 0 |
| stainless steel spoon | 0 |
| packaging | 0 |
| **TOTAL** | **$2.65** |

 |

**The Bottom Line**

|  |  |
| --- | --- |
| **Disposable Lunch** | **Waste-Free Lunch** |
| $4.02 / day | $2.65 / day |
| $20.10 / week | $13.25 / week |
| $723.60 / school year | $477.00 / school year |

**723.60 - 477.00 = $246.60 savings per school year per person**

www.Wastefreelunches.org