**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?**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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