

BE A LUNCH TIME HERO!

PACK A WASTE-FREE LUNCH



LET'S GET
PACKIN'!

BY PACKING A WASTE-FREE LUNCH YOU CAN:

- Save up to \$300 a year.
- Save natural resources by reducing your packaging.
- Prepare a more nutritious lunch.



Americans produce up to 1/2 pound of lunch waste each day, enough to fill four garbage cans a year. Help reduce waste by packing your lunch.

THE POWER IS IN YOUR HANDS!

3 SIMPLE STEPS TO A WASTE-FREE LUNCH:

- 1 Use a lunch box or reusable sack.
- 2 Include a cloth napkin and reusable silverware.
- 3 Make use of reusable food and drink containers.



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Find more tips on packing waste-free lunches at:

www.smcsustainability.org/waste-reduction