



## “Use This, Not That”



We know how hard it is to pack lunches. But there are small, simple habits you can change without really making much of an impact on your post-lunch cleanup routine. We call it, “Use This, Not That...”

Instead Of This...	Use This	Good Info
Plastic bags for sandwiches	Parchment paper	Can be composted at home or recycled (if clean)
Plastic bags for wet items	Aluminum foil	Can be recycled
Plastic bags for fruit	Wrap in paper towel	Doubles as a napkin
Individually packaged snacks	Buy in bulk and pack in reusable containers, or paper (parchment, brown paper, or wax paper)	Brown paper and parchment paper can be shredded and composted at home. Wax paper cannot be composted but breaks down over time.
Plastic utensils	Utensils from home	Goes right in the dishwasher
Plastic Straws	None or paper straws	Paper straws can be composted at home.

### OTHER HELPFUL TIPS

Repurposed packaging – as eco-friendly you may be, if you shop at a normal supermarket, it is difficult to eliminate disposable packaging altogether – sandwich bread, American cheese slices, fruits, snacks – many of these come in plastic bags or resealable containers. Consider repurposing your packaging at least once for lunchtime, and your impact will build up over time!

Brown paper – any type – is fantastic “brown” bedding for your compost bin. Whenever possible, pack in brown paper and have your child bring it home. Then shred and throw into your compost bin - just remember not to use toxic ink (sharpies) to label it!

Cloth napkins – one of the EASIEST changes to make is to switch to cloth napkins AT HOME. Significantly reduces the need for paper towels and napkins, as they can be used for hand towels and to wipe faces. Easy to wash in your washer.

Consider the “delivery vehicle” – for example, when you eat ice cream, rather than ordering in a “cup”, that gets tossed, order a cone. Even if you don’t eat the cone, it will break down quickly.