



## 5 Easy Ways to Reduce Waste When Packing Lunch and Snack For Camp



**1) Buy snacks in bulk and sort them into reusable bags and containers,** for less waste and expense than individually prepackaged snacks.



**2) Choose reusable lunch boxes, sacks or containers** over single-use bags, foil or plastic baggies.



**3) Drink water and other nutritious beverages from a BPA-free reusable bottle** instead of single-use plastic bottles, cans, juice boxes and pouches



**4) Pack a Reusable Napkin and Utensils**



**5) Ask Your Kids to Bring Home Uneaten Food**

Help reduce food waste by talking to your kids. Find out if they're eating all the food you pack for them. Sometimes it's as simple as making half a sandwich instead of a whole, or switching out cucumbers for carrots.

**\*\*Remember to label all of your items so if lost, they can be returned.\*\***

### PACKING A WASTE FREE LUNCH/SNACK:

**SAVES MONEY!** Packing a reusable lunch and snack instead of disposables can [save](#) families **over \$400 per student** per school year.

**BETTER FOR THE EARTH!** [Life cycle analyses](#) show that reusables have **significantly less environmental impacts** than single-use disposables, including energy use and air pollution.

**CUTS WASTE!** Every year the average student tosses 67 pounds of [packaging](#) and 39 lbs of [uneaten food](#). Lunch in reusable containers could save over **58 million pounds** of trash statewide that we pay to haul and burn.