



Maya's Plastic-Free Lunch Study

Reject single-use plastic, & save your family **\$719** per year!

Lunch Items	Daily Cost	Annual Cost	Daily Lunch with Disposable Single-use Plastics	Annual Lunch with Disposable Single-use Plastics	Yearly Savings** By Rejecting Single-use Plastics
Plastic Sandwich Baggie (Ziplock)	\$0.12	\$69.84	3 pieces	582 pieces	
Reusable Food Container	\$0.00	\$0.00	0 pieces	0 pieces	\$69.84 SAVINGS
Plastic Utensils	\$0.22	\$128.04	3 pieces	582 pieces	
Reusable Utensils	\$0.00	\$0.00	0 pieces	0 pieces	\$128.04 SAVINGS
Juice Box	\$0.99	\$576.18	9 pieces	1746 pieces	
Juice in Reusable Bottle	\$0.39	\$226.98	0 pieces	0 pieces	\$349.20 SAVINGS
Yogurt Cup	\$0.88	\$512.16	3 pieces	582 pieces	
Yogurt in Reusable Container	\$0.46	\$267.72	0 pieces	0 pieces	\$244.44 SAVINGS
Kellogg's Rice Krispies Squares Jumbo	\$0.44	\$256.08	3 pieces	582 pieces	
Homemade Rice Krispies Squares	\$0.25	\$145.50	0 pieces	0 pieces	\$110.58 SAVINGS
Cheese Stick Snak Packs	\$0.77	\$448.14	3 pieces	582 pieces	
Cheese Slab	\$0.45	\$261.90	0 pieces	0 pieces	\$186.24 SAVINGS
Crackers Snak Packs	\$0.50	\$291.00	3 pieces	582 pieces	
Cracker Box	\$0.30	\$174.60	0 pieces	0 pieces	\$116.40 SAVINGS

Eliminate **THOUSANDS** of pieces of single-use plastic trash by using reusable lunchware!

21 pieces of single-use plastic per family every day

4,656 pieces of single-use plastic per family every year

\$715.68 in savings per family every year



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Adapted from ecolunchboxes.com, with thanks!

*Annual is calculated at 194 days of packed lunches. This is the average length of a school year in Canada. Family is calculated as two (2) children and one (1) adult. [cost x 194 days x 3 lunches]

**Cost savings are achieved by purchasing food in bulk or family size packages and packing lunch in reusable containers instead of purchasing food with single-use packaging.