

# How to Pack a Plastic-Free Lunch

Quick tips for packing a single-use plastic-free lunch!

**Save money and the environment** by packing your food in reusable containers! Most lunch packaging contains single-use plastics, which are landfilled, lost as litter, or incinerated. Single-use plastic recyclable packaging is often contaminated with food and cannot be processed.

**Reduce food waste** by saving your leftover food in your reusable containers for later. If packing lunch for a child, ask them to bring their leftovers home so you can adjust the portion size. Buy larger quantities of yogurt, applesauce, fruit, and cheese and dispense them into smaller reusable individual containers.

## Start with rethinking packaging

- Pack lunches in a **REUSABLE** lunch box or bag
- Pack food in **REUSABLE** containers
- Pack **REUSABLE** utensils (fork and spoon)
- Pack a **REUSABLE** napkin or use a bandana
- Bring a **REUSABLE** water bottle or cup



Instead of single-serving plastic-packaged foods like...

individual yogurt cups

“Lunchables”

chip or snack bag

snack bar

string cheese

squeezable fruit

drinks with straws

“Ziploc” bags and plastic wrap

...try these reusable options instead!

yogurt, fruit and honey in a container

sandwiches, fruit, cheese & crackers

portion of chips in a container

granola, dried fruits, nut butters, nuts

sliced cheese from a block

whole or sliced fruit

reusable bottle with water or juice

any reusable container

## Why pack a plastic-free lunch?

1. Landfills pollute the ground, air, and nearby communities.
2. Incinerators pollute the air and disproportionately harm lower-income communities, often communities of colour.
3. Single-use plastics break down into microplastic pollution that ends up everywhere in our environment – in our soil, in rivers and streams and the ocean, in the guts of wildlife like seabirds and fish, and even in our bodies.
4. Plastics are made from oil and gas, and their production adds greenhouse gases to our environment.
5. **Reducing food waste** is a positive action we can take every day.
6. **Climate action** can be a positive antidote for climate anxiety.
7. **Reduce tax dollars** spent transporting trash.