



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

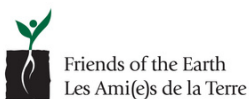
Lunch Items	Daily Cost	Annual Cost	Daily Lunch with Disposable Single-use Plastics	Annual Lunch with Disposable Single-use Plastics	Yearly Savings** By Rejecting Single-use Plastics
<b>Plastic Sandwich Baggie (Ziplock)</b>	\$0.12	\$69.84	3 pieces	582 pieces	
<b>Reusable Food Container</b>	\$0.00	\$0.00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

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



foecanada.org

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.