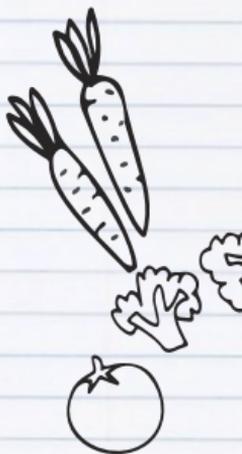


Waste-Free Lunch Ideas

Veggie Delight

WHAT YOU'LL NEED:

- Reusable lunch bag or lunch box
- Portable beverage bottle or thermos
- Reusable containers, snack baggies or Bento Box
- Reusable ice pack



WHAT TO PACK:

- Carrots, cherry tomatoes, cucumber, celery and other veggies
- Dips - hummus, ranch dressing, peanut butter
- Pita bread
- Orange wedges
- Water or your favorite juice

DON'T FORGET:

Reusable containers are the key to a successful zero waste lunch. Buying food in bulk instead of individually wrapped packaging and using dinner leftovers will make it easier. If you must bring disposable lunch pieces look for items that are not heavily packaged and can be recycled such as paper bags, aluminum beverage cans or plastic bottles.

Waste-Free Lunch Ideas

Breakfast 4 Lunch

WHAT YOU'LL NEED:

- Reusable lunch bag or lunch box
- Portable beverage bottle or thermos
- Reusable containers, snack baggies or Bento Box
- Reusable ice pack



WHAT TO PACK:

- Bagel
- Hardboiled egg
- Slices of precooked turkey bacon or deli lunch meat
- Yogurt w/ granola and berries
- Water or your favorite juice

DON'T FORGET:

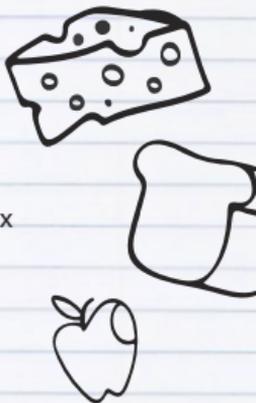
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Waste-Free Lunch Ideas

Traditional School Day

WHAT YOU'LL NEED:

- Reusable lunch bag or lunch box
- Portable beverage bottle or thermos
- Reusable containers, snack baggies or Bento Box
- Reusable ice pack



WHAT TO PACK:

- Peanut butter and jelly sandwich
- Cheddar cheese wedges
- Apple slices
- Rasins
- Water or your favorite juice

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Waste-Free Lunch Ideas

Luscious Leftovers

WHAT YOU'LL NEED:

- Reusable lunch bag or lunch box
- Portable beverage bottle or thermos
- Reusable containers, snack baggies or Bento Box
- Reusable ice pack

WHAT TO PACK:

- Last night's leftover pasta – add cooked or raw veggies & sauce
- Garlic bread
- Salad leftovers and dressing
- Grapes and banana slices
- Water or your favorite juice

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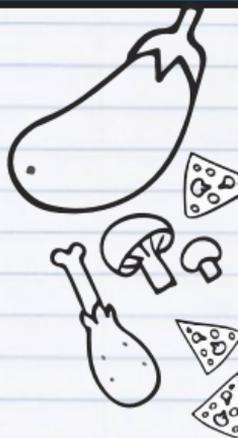


Waste-Free Lunch Ideas

Fiesta Funday

WHAT YOU'LL NEED:

- Reusable lunch bag or lunch box
- Portable beverage bottle or thermos
- Reusable containers, snack baggies or Bento Box
- Reusable ice pack



WHAT TO PACK:

- Leftover Protein - ground beef, chicken, turkey
- Salad - add chopped veggies and shredded cheese
- Tortilla Chips
- Salsa
- Pineapple chunks or other fresh fruit
- Water or your favorite juice

DON'T FORGET:

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