



Why pack a lunch for your child?

Landfills are full and overflowing. Much of the trash we generate comes from the packaging on the food we buy, and lunch foods are no exception.

It has been estimated that, on average, a school-age child using a disposable lunch generates **67 pounds of waste per school year** ... that equates to 18,760 pounds of lunch waste for just one average-size elementary school.



What does it cost to pack a lunch?

A Disposable Lunch		A Trash-Free Lunch	
1 sandwich	\$1.25	1 sandwich	\$1.25
1 yogurt	\$.70	1 serving of yogurt	\$.50
1 package of cookies	\$.62	2 cookies from family pack	\$.40
1 apple	\$.33	1 apple	\$.33
1 package carrots & dip	\$.73	1 serving carrots & dip	\$.25
3 plastic bags	\$.12	daily packaging	\$0
1 juice pouch	\$.35	water	\$0
1 plastic spoon	\$.04	reusable spoon	\$0
1 paper napkin	\$.01	cloth napkin	\$0
Total	\$4.15	Total	\$2.73

$\$892.25 - \$586.95 = \$305.30$ in approximate savings, based on a 215-day school year.



Your  is paid for in just 1 month of use!!



Help create a sustainable future for your child.

Protect the earth's resources.

Support a local mom trying to foster meaningful, behavioral change. Go to www.PEACELOVEANDPLANET.ORG

Thank you!