



## Easy ways to pack a waste-free lunch for your child

- **Pack only what your child can eat.** Have your child bring home everything they do not eat so you can see what they are able to eat in a lunch period. Only pack a half-sandwich if that's all your child can eat at lunch.
- **Use REUSABLE containers to pack the lunch.** Use any durable plastic containers instead of plastic baggies, or check out these options: [www.laptoplunches.com](http://www.laptoplunches.com), [www.reusies.com](http://www.reusies.com).
- **Use a refillable or reusable drink bottle** instead of disposable or recyclable containers.
  - If a refillable bottle is not available, select drinks packaged in **recyclable** containers such as a plastic bottle, aluminum can, or milk carton that can be recycled at school.
- **Pack durable utensils**, if a fork or spoon is needed.
- **Ask your child to bring home the durable, reusable items along with any leftover food.**

King County Green Schools encourages waste reduction and recycling in lunchrooms. Students sort their lunch "waste" into

- (1) **Recyclable materials** (empty milk cartons, juice boxes, plastic bottles, and aluminum cans)
- (2) **Uneaten food scraps and paper napkins** (*in schools that collect compostable materials*)
- (3) **Garbage**

