



Waste Free Lunch Week

May 18-22, 2009

.....
Goal: To engage students, parents, and academic partners to help reduce the waste we produce as a community.
.....

As part of Pine Lake Preparatory's commitment to being a green campus, the Go Green Partnership is challenging our students and parents to pack waste free lunches every 3rd week of every month!

We want our students to leave their juice boxes, paper napkins, individually prepackaged snacks, plastic ware and zip-loc baggies at home. Instead, please use thermoses, reusable containers such as Tupperware, reusable utensils, and cloth napkins. At least for one week a month, we want our trash cans to be empty.

Not only can we help save the environment, we can save ourselves some money. Below is some wonderful information from www.wastefreelunches.org. The website also offers plenty of how-to suggestions and provides a cost comparison.

WHAT DOES A WASTE-FREE LUNCH LOOK LIKE?

A Typical American Lunch (DISPOSABLE)

- sandwiches sealed in plastic bags
- fruits and vegetables in plastic bags
- prepackaged chips, cookies, fruit bars, granola bars, cheeses, and fruit leathers
- prepackaged yogurts, applesauce, and puddings
- crackers, pretzels, chips, and other snack foods sealed in plastic bags
- disposable juice boxes, juice pouches, soda cans, water bottles, and milk cartons
- plastic forks and spoons
- paper napkins
- reusable lunchboxes and disposable paper and plastic bags

A Waste-Free Lunch (REUSABLE)

- sandwiches and other main dishes, fresh fruit, fresh vegetables, and treats in a reusable lunch container
- cloth napkins
- stainless-steel forks and spoons
- reusable drink containers
- reusable lunchboxes

*With this type of lunch, lunch food items can be bought in larger quantities. The packaging can be left at home for reuse or recycling. Waste-free lunches are not only a wise environmental choice, but they are less expensive as well.

WHAT DOES IT COST TO PACK A WASTE-FREE LUNCH?

A Disposable Lunch

1 egg salad sandwich	\$1.25
1 yogurt	.85
1 granola bar	.45

1 apple	.30
1 package of carrots and dip	.65
3 plastic bags	.12
1 juice pouch	.35
1 plastic spoon	.04
1 paper napkin	.01
TOTAL	\$4.02

A Waste-free Lunch

1 egg salad sandwich	\$1.25
1 serving of yogurt	.50
1 serving of granola	.35
1 apple	.30
1 serving of carrots and dip	.25
water	0
cloth napkin	0
stainless steel spoon	0
packaging	0

TOTAL	\$2.65
Disposable Lunch	Waste-Free Lunch
\$4.02 / day	\$2.65 / day
\$20.10 / week	\$13.25 / week
\$723.60 / school year	\$477.00 / school year

723.60 - 477.00 = \$246.60 savings per school year per person