



# LEARN TO PACK A WASTE-FREE LUNCH WITH E IS FOR ENVIRONMENT



## Z is for **ZERO WASTE**

The goal of zero waste is to reuse and recycle goods so that people are not creating trash that will be sent to a landfill.

Can you pack a zero-waste lunch every day this week? Use the worksheet below to track your progress and follow our handy tricks to help reduce waste!

- 1. Use a reusable lunch box:** Taking a reusable lunch box instead of a paper or plastic bag will reduce your waste and keep your lunch safe and cold all day. If you don't have one, find a paper bag that is sturdy enough to reuse all week.
- 2. Plan to use reusable containers, silverware, and napkins:** Pack carrots in containers instead of baggies, bring silverware instead of plastic utensils, and use a cloth napkin that can be tossed in the wash instead of the trash. Bonus points if you include a reusable icepack, too!
- 3. Pack food that doesn't require extra packaging:** Apples, oranges, bananas, and other fruits don't need containers. Just pack, peel, and enjoy!
- 4. Bring home your leftovers:** If there's something you didn't eat, that's okay! Bring it home and decide if it's good to take tomorrow. If it's not, you can add whatever is left to the compost pile.
- 5. Save compost:** Just like your leftovers, things like banana peels, apple cores, and sandwich crust can come home with you and go in the compost pile instead of the garbage can.

## WHAT WAS IN YOUR LUNCH TODAY?

Track your progress all week!

	Reusables	Recyclables	Compostables	Waste
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				



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