





# Waste-Free Lunch Day

Reduce, Reuse, Recycle & Compost

Name: \_\_\_\_\_

Compare the items in your lunch that were reusable, recyclable, compostable, and thrown away as waste before and after your Waste-Free Lunch Day. The goal is to learn how to pack your lunches with as few items as possible thrown away as waste.





## What's in your lunch before Waste-Free Lunch Day?

Reusables	Recyclables	Compostables	Waste
			
Ex.		1 banana peel	1 plastic bag, sandwich in plastic wrap, 1 juice box, cookie wrapper

Record the total number of items thrown away as waste:

What are some ways you could throw away less waste?

## What's in your lunch on Waste-Free Lunch Day?

Reusables	Recyclables	Compostables	Waste
			
Ex. cloth lunch bag, 2 reusable containers for sandwich and cookies	1 juice box	1 banana peel	

Record the total number of items thrown away as waste:

## Compare your results.

How many waste items did you avoid on Waste-Free Lunch Day? (Hint: subtract the number of waste items on Waste-Free Lunch Day from the number of waste items before Waste-Free Lunch Day)

How many waste items would you avoid if you packed Waste-Free for a week? (Hint: multiply the number of waste items avoided in one day by the number of days you attend school in one week)

How many waste items would you avoid if you packed Waste-Free for a month?

How many waste items would you avoid if you packed Waste-Free for a year?

Wow! You could protect the environment by reducing \_\_\_\_\_ waste items from being sent to the landfill each year by packing a Waste-Free Lunch every day!

For more information visit [www.crd.bc.ca/education/rethink-waste](http://www.crd.bc.ca/education/rethink-waste)