

## HOW TO

# PLASTIC FREE LUNCH DAY

Plastic Free Lunch Day is one easy step toward long term plastic waste reduction. Join us on Wednesday April 22 - Earth Day!

Here are ways for individuals to reduce plastic waste at lunch:

### 1 Use Reusable Bags

Keep reusable bags in your car or near your door for easy access and to carry your lunch.

### 2 Pack your lunch in reusable containers

If possible, use metal or glass containers, silicone snack bags, and jars with lids.

### 3 Bring your reusable water bottle

Invest in a water filter and a glass or stainless steel reusable water bottle saving your money and health.

### 4 Reduce Plastic Packaging

Buy in bulk, bring silverware, use bees wax wraps, use a travel mug, keep to-go containers in the car.

### 5 Plan your menu

- Bulk snacks like nuts, granola
- Whole fresh fruits and veggies
- Pack sandwich ingredients
- Make a bento box of your faves
- Be creative!

