

HOW TO



PLASTIC FREE LUNCH DAY

Plastic Free Lunch Day is one easy step toward long term plastic waste reduction. Join us on May 7! 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!