



Plastic Free Lunch Day For Businesses

Join Delaware's Plastic Free Lunch Day

Plastic Free Lunch Day (PFLD) is a day when lunch is prepared without plastic. It is an action day to reduce as much plastic waste as possible, to protect the environment and human health, and to get a glimpse of a plastic free meal future. Our goal is to make Plastic Free Lunch Day an annual event that will lead to less plastic waste in Delaware every day!

Date	Wednesday April 22, 2026
Why PFLD?	<ul style="list-style-type: none">• People in Delaware eat nearly 3 million meals a day• Single-use plastics are widely used in everyday lunches• More than 91% of single-use plastic is not recycled and ends up primarily in landfills• Plastic does not biodegrade, rather it breaks down into tiny particles called microplastics• Microplastics, along with toxic chemicals used in plastics, are correlated with health implications including cancer, endocrine disruption, and heart disease• In the long term, Delaware can address environmental and climate change impacts as well as health implications by reducing single-use plastics• Delawareans can save money with single-use plastic reduction• One action leads to another & PFLD is a way to introduce the concept of how to reduce plastic use benefiting our environment and health
How to hold PFLD?	<ul style="list-style-type: none">• A business chooses leaders to get the team on board• Leaders post flyers to generate awareness of PFLD on site• Leaders provide information for how to reduce plastic and menu ideas• If possible, staff share their experience on social media and/or send images and experience with Plastic Free Delaware• It's that easy!
How can Plastic Free Delaware help?	<ul style="list-style-type: none">• Work with your business PFLD leaders on strategies for engaging staff• Provide more ideas based on your businesses individual needs• Work with your team to encourage more permanent plastic waste reduction
More info	<ul style="list-style-type: none">• Link for how to reduce plastic and menu options for PFLD• Educate the team, link for documentary We Are All Plastic People Now• To reach us, email Elisa King EKing@PlasticFreeDelaware.org