

HELP THE EARTH...WHILE YOU EAT



REDUCE

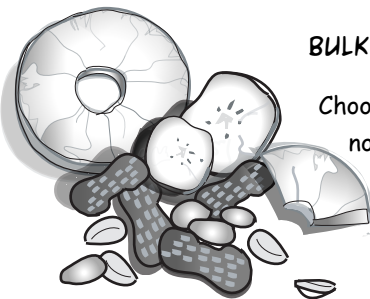
THE OVER-PACKAGED FOOD TRAP

PLASTIC, CARDBOARD, FOIL AND OTHER WASTEFUL WRAPPERS AND CONTAINERS END UP IN THE GARBAGE

AVOIDING THE TRAP IS EASY!

STEER CLEAR OF THE CAUSE:

SINGLE USE CARTONS, CANS AND PRE-PACKAGED SNACK FOODS

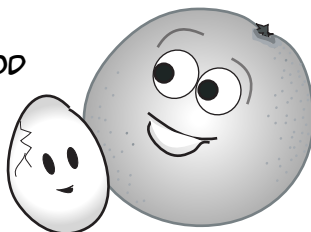


BULK UP!

Choose to buy food that is not over packaged like dried fruits and lots of other yummy snacks at a bulk food store.

LET NATURE WRAP YOUR FOOD FOR YOU!

ORANGES, BANANAS AND HARD BOILED EGGS ALL COME WITH THEIR OWN HANDY PACKAGING!



RECYCLE

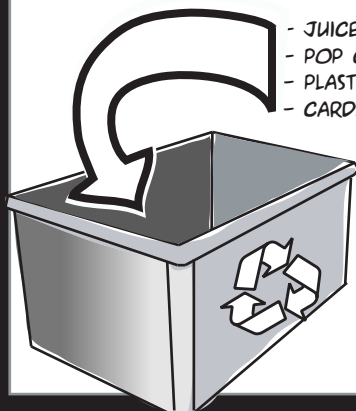
WHAT TO DO IF A NON-REUSABLE SNEAKS IN TO YOUR LUNCH:

RECYCLE:

- JUICE BOXES
- POP CANS
- PLASTIC YOGURT AND PUDDING CONTAINERS
- CARDBOARD PACKAGING

REMEMBER:

- ★ RECYCLING IS A GREAT WAY TO REDUCE GARBAGE, BUT PROCESSING RECYCLABLES STILL TAKES UP **LOTS OF ENERGY.**



LUNCH everyday!

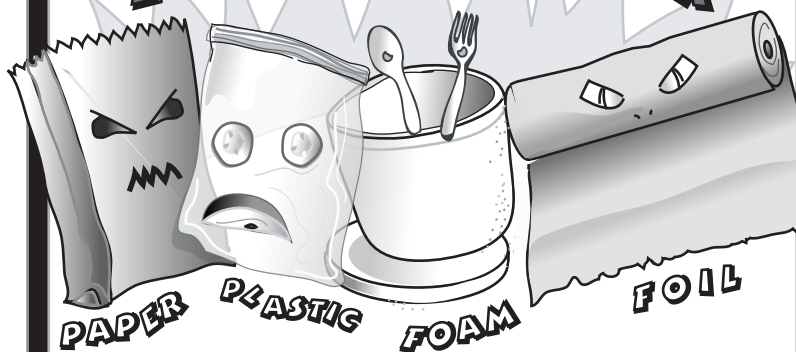


REUSE

THE PERMANENT PACKAGING SOLUTION

- THERMOSES, WATER BOTTLES
- CLOTH NAPKINS
- REUSABLE PLASTIC CONTAINERS
- REUSABLE UTENSILS
- LUNCH BOXES, CLOTH BAGS

THE FEROCIOUS FOUR



AVOID THE FEROCIOUS FOUR'S WEAPONS OF WASTE!

- PLASTIC: SANDWICH BAGS, WRAP, SHOPPING BAGS, UTENSILS
- STYROFOAM CONTAINERS
- ALUMINUM FOIL
- THROW AWAY PAPER BAGS AND NAPKINS



COMPOST

BRING YOUR APPÉTITE!

ONLY BRING AS MUCH FOOD AS YOU CAN FINISH!
...AND COMPOST LEFTOVERS



ecoschools

"PACK IT IN... PACK IT OUT"

"PACK IT IN, PACK IT OUT."

