

Mosquito Hill Nature Center No-Waste Lunch Fact Sheet

It has been estimated that on average a single school-age child generates 67 pounds of lunch-time waste per school year, or 18,760 pounds of lunch waste for one average-size elementary school. Every single piece of packaging or excess food that we eliminate from the waste stream makes a difference. Your son or daughter is scheduled to attend a field trip at Mosquito Hill Nature Center in the near future. Students and parents are encouraged to thoughtfully pack a lunch that will contain no waste once it is eaten. This helps students learn the value of waste reduction on an individual daily basis. Below are examples of wasteful lunches and no-waste lunches.



Lunch Items to Avoid:

- ✓ Pre-packaged, individually wrapped food
- ✓ Lunchables
- ✓ Plastic sandwich bags, aluminum foil, wax paper
- ✓ Paper napkins
- ✓ Juice boxes/bags
- ✓ Non-recyclable materials which include any plastics that are not number 1 or 2 on the bottom
- ✓ Disposable utensils
- ✓ Non-reusable bags to carry the lunch in



What To Pack:

- ✓ Re-useable lunch boxes/lunch bags
- ✓ Washable/re-usable plastic containers
- ✓ Cloth napkins
- ✓ Re-usable utensils
- ✓ Drinks in a thermos or re-usable container
- ✓ Fresh fruits and vegetables (cores & peelings will be composted)

Pack what you'll eat... Eat what you pack!