

HEALTHY LUNCHES

TRY PACKING THESE FAST AND EASY FINGER FOODS

Apples	Low-fat cheese
Raisins	Pears
Pretzels	Plums
Grapes	Crackers
Pita Bread	Celery
Fruit Bars	Rice Cakes
Granola	Carrot Sticks
Trail Mix	Bananas
Bagel	Strawberries
Cherries	

- Buying in bulk is cheaper because you are not paying for marketing and packaging!

A waste-free lunch allows food to be bought in larger quantities, with packaging left at home to be recycled.



DID YOU KNOW?*

The first paper made in America, more than 300 years ago in Pennsylvania, was recycled paper made from cloth rags?

Recycling one aluminum can compared to producing a new one can save enough energy to run a television or operate a computer for 3 hours?

Five 2-liter plastic bottles can make one square foot of polyester carpet?

Recycling one ton of paper saves the equivalent of 17 trees?

Americans throw away enough office and writing paper each year to build a wall twelve-feet high stretching from New York City to Los Angeles?

Every ton of steel recycled saves 2,500 lbs. of iron ore, 1,400 lbs. of coal, and 120 lbs. of limestone?

Every glass bottle recycled saves enough energy to light a 100-watt light bulb for 4 hours?

Each year, Illinois citizens use and dispose of 1.1 billion foam cups, enough to encircle the Earth 19 times?

Remember, try not to generate waste in the first place, but if you do—be sure to recycle!

* Illinois Recycling Association Facts

Tips for Packing a Waste-Free Lunch

Buy a reusable cotton lunch bag or a reusable

Sponsor a Waste-Free Lunch Day



Simple Steps to Reduce Waste at its Source

Stop and think a moment about how a typical lunch from home is packed. It contains sandwiches sealed in a plastic bag (disposable), snacks and fruits sealed in a plastic bag (disposable), prepackaged chips, cookies, puddings (all disposable), juice boxes or pop cans (disposable), and paper napkins (disposable). To top it off, most of these disposables are packed in a disposable paper lunch bag!

Make a better environmental choice!

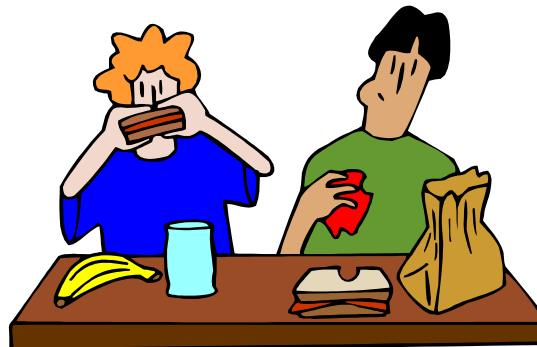
Commit to packing a waste-free lunch for your child and for yourself.

Tips for Packing a Waste-Free Lunch

- Buy a reusable cotton lunch bag or a reusable lunch box
- Pack a cloth napkin to be washed and used again
- Pack a thermos or reusable drink container
- Use various-sized reusable plastic containers to pack sandwiches and snacks
- Unfortunately, stainless steel silverware should NOT be brought to school so pack “finger-foods” for your kids and reusable utensils for yourself.
- Always clean and sanitize reusable containers after each use.

Other Tips

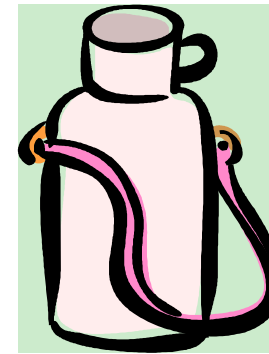
- Consider implementing a waste-free lunch day periodically at your place of business!
- Reduce, Reuse, Recycle in that order!



What will it be?



OR



**Reduce
Waste at the
Source**

Kankakee County Recycles!