

ON THE GO?

Pack waste-free meals for:

- SCHOOL
- WORK
- AIR TRAVEL
- CAR TRIPS
- PLAY DATES
- THE PARK
- FAMILY OUTINGS
- FIELD TRIPS
- PICNICS
- DAY HIKES

WHAT CAN YOU DO?

Visit:

www.wastefreelunches.org

You'll find:

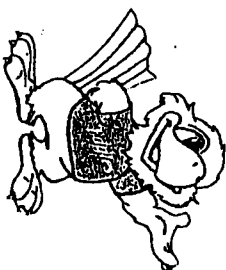
- tips for implementing a waste-free lunch program
- waste-free lunch success stories
- strategies for reducing waste
- lunch waste statistics
- links to important waste-free lunch sites
- this free downloadable brochure

Visit:

www.laptoplunches.com

For:

- waste-free lunch kits
- nutritious lunch ideas
- tips for picky eaters
- creative lunch menus
- kid-friendly recipes
- school programs
- free e-newsletter subscription



ROT — Start a compost pile at home, work, or school. If you're low on space, opt for a worm bin.

RECYCLE — Search out recycle bins instead of tossing recyclables in the trash. If you can't find a recycle bin at work or school, take your recyclables home.

REDUCE — Cut down on packaging and food waste by purchasing fresh produce and bulk bin items and reusing your bags.

REUSE — Pack lunch in reusable containers. Use a refillable drink bottle, a cloth napkin, and reusable utensils.

VES Introduces Trash-Free Tuesdays!

Did you know

A child taking a disposable lunch to school creates an average of 67 pounds of lunch waste annually?

Did you know

In one day, VES students created over 195 pounds of trash in the cafeteria alone?

Are you ready to be part of the solution?

The Waste Patrol at VES is asking that all students focus on bringing a waste free lunch to school every Tuesday!

Once a month we will weigh the trash to monitor our progress. Don't forget to check the Eagle Express for updates!

