



## Reduce your trash at lunch time!

Make your lunch more earth friendly by adopting a few waste free ideas while packing your lunch. Here are a few simple ideas for packing a waste free lunch.

1. Pack sandwiches, fruits, vegetables and treats in reusable lunch containers, instead of plastic bags.
2. Pack drinks in reusable or recyclable containers, such as, plastic bottles, cans, drink boxes, and reusable thermoses.
3. Pack sandwiches and finger foods, so you don't need plastic utensils.  
(Plastic spoons and forks are not recyclable)
4. Use cloth napkins.
5. Pack lunch in a paper bag or reusable lunch box.
6. Make sure both paper and commingled (bottles & cans) recycling bins are available in the lunch room, so that all recyclable items can be recycled.

**By decreasing your trash load during lunch, and at the same time increasing your recycling load, you will be helping MCPS reach their goal of recycling at 50%.**

Just by changing a few of your lunch packing habits, you will be participating in a waste free lunch. If your school is scheduling a waste free lunch event please invite SERT to come and participate. SERT would love to come and join your students for lunch.

**Remember waste free = no trash**

Please contact SERT if you have any comments, suggestions or questions.  
School Energy & Recycling Team 240-314-1090 or e-mail [Recycling@mcpsmd.org](mailto:Recycling@mcpsmd.org)

