



Top Tips for a Waste Free Lunch

- Our ultimate goal with the 4Rs is REDUCE WASTE. Trash costs increase every year and parents can help by reducing the amount of packaging and food waste goes into the trash from lunches.
- Ask your child what he or she likes to eat for lunch and how much they want. Example: would you like a whole or half sandwich?
- Cut up fruits & veggies into small bites.
- Ask your child to bring home their leftover food one day so you can see what gets eaten.
- The IDEAL lunch is a reusable lunch box, with reusable containers and silverware, for food and drinks.
- Pack in reusable lunch boxes or brown bags.
- Pack sandwiches, fruit, etc. in reusable containers and remind your child to bring it home every day.
- No zip locks and plastic wrap – they are not recyclable!
- Avoid prepackaged lunches with plastics containers and film.
- Use reusable bottles for drinks.
- The school can recycle:
 - Milk cartons
 - Juice boxes
 - Plastics #1-5, 7 No 6
 - Brown bags (if clean)
 - Aluminum foil (if clean)
 - Paper
 - Cardboard (if clean)
 - Yogurt and pudding cups (kids tap out leftovers)

Cannot recycle:

- Capri Suns
- Zip locks & Glad Wrap
- Paper plates, napkins & towels



**CENTRAL CONTRA COSTA
SOLID WASTE AUTHORITY**
www.wastediversion.org