



*Willy says,
"It's as easy as
1, 2, 3!"*

Packing a Waste-free Lunch is as easy as 1, 2, 3!

1. Purchase a lunch box or reusable lunch sack.
2. Put sandwich, dessert and drinks in reusable containers.
3. Put all containers in lunch box or sack.

That's it! If you wish, you can add a cloth napkin and stainless steel spoon and fork, if needed. Be sure to put child's name on the lunch box and reusable containers.

Following are some suggestions for what to put into the containers:

- Leftovers from dinner make great lunch items.
- Sandwiches - peanut butter and jelly, leftover turkey or chicken, meatloaf, or tuna salad
- Fresh fruits - apple, orange, grapes, strawberries, banana
- Drinks - grape, apple, or orange juice, in reusable plastic bottle
- Dessert - cookies, cake, jello jigglers, fruit salad in reusable containers
- Chips, etc. - potato, nacho, corn, in reusable plastic baggie

These are just a few ideas. Take your child with you to the grocery store to pick out his/her lunch items. The more involved they are the more they will like what they are eating.