



# The Waste-free Lunchbox Pamphlet

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## *Printing Instructions:*

- 1) Print pages 2 and 3 back-to-back on size 8 1/2 x 11 inch paper (landscape).
- 2) Print on recycled paper made of at least 30% post-consumer content.
- 3) Fold the flyer in three vertically.
- 4) If you have any questions, please feel free to contact us  
by phone at 831-457-0301  
by email at: [info@obentec.com](mailto:info@obentec.com)

*For more information on waste-free lunches, [visit www.wastefreelunches.org](http://www.wastefreelunches.org).  
For waste-free lunch products, visit [www.LaptopLunches.com](http://www.LaptopLunches.com).*

**Packing waste-free lunches benefits you *and* your community.**

**REDUCE:** Cut down on packaging and food waste by purchasing fresh produce and bulk bin items.

**REUSE:** Pack lunches in reusable containers.

**RECYCLE:** Use recycle bins instead of tossing recyclables in the trash.

**RESPOND:** Take action and support nutritious, waste-free meals. Make a difference for yourself; make a difference in your community.

**AND it's cost effective:**

An Average Disposable Lunch	An Average Waste-free Lunch
\$4.02 / Day	\$2.65 / Day
\$20.10 / Week	\$13.25 / Week
\$723.60 / School Year	\$477.00 / School Year

**Bento for Breakfast**



**Bento for Lunch**



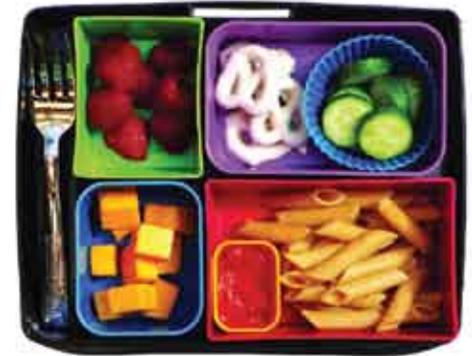
**Bento Anytime**



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[www.LaptopLunches.com](http://www.LaptopLunches.com)  
[www.WasteFreeLunches.org](http://www.WasteFreeLunches.org)

**LAPTOP®  
LUNCHES**

**Re-think your lunchbox.**



**One child's disposable lunch generates an average of 67 pounds of waste each school year.**

**Spend Less.  
Waste Less.  
Eat Well.**



**Good.**

+



**Simple.**

=



**Fun.**

### What is a waste-free lunch?

- Start with a reusable lunchbox, backpack, or briefcase.
- Pack your food in reusable containers.
- Use a refillable drink bottle.
- Include reusable utensils.
- Add a cloth napkin.

### Waste-free lunches are easy.

- Pack lunches in the evening.
- Put leftovers from dinner directly into your box.
- Stock up on easy-to-pack, healthy foods, such as fresh fruits, vegetables and whole grains.

### Why pack a waste-free lunch?

- Landfills are reaching capacity and incineration creates air pollution.
- Funds not spent on trash removal can be put to better use.
- Empower our kids to make positive changes for the planet.
- Eliminate the need for processed, pre-packaged foods.
- Laptop Lunches® waste-free lunch kits provide the framework for a well-balanced meal.
- Laptop Lunches® bento boxes support portion control.

### Enjoy waste-free lunches

- At school.
- At work.
- In the car.
- On the plane.
- At the park.
- On family outings.
- On field trips.
- On picnics.

### For more information, visit:

[www.LaptopLunches.com](http://www.LaptopLunches.com)  
[www.WasteFreeLunches.org](http://www.WasteFreeLunches.org)

**LAPTOP®  
LUNCHES**



Printed on recycled paper

Laptop Lunches® Bento Sets  
and Bento Buddies are



NO  
Lead, BPA,  
Phthalates,  
PVC

