



**Chatham University's
Eden Hall K-12 Program
is presenting YOU with a
challenge — we want you to
pack a zero-waste lunch for your
trip to our campus.**

At the end of lunch, we'll record each table's landfill, recycling, and compostable waste. Then, we'll compare tables to see who created the least amount of waste. That table will be awarded a prize!

At the end of the school year, we'll compare each school's total waste, and whoever created the least amount of waste will be awarded an even bigger prize!

WHY do we want you to pack a zero-waste lunch?

- Packaging, much from food products, makes up over 23% of waste in landfills¹
- 21.6% of our landfill waste comes from food, that's more than any other single material!²
- America wastes 30%-40% of its food at home, in restaurants, at school, and in grocery stores³
- 32% of plastic packaging turns into pollution when it escapes collection systems!⁴
- Zero-waste lunches save you money⁵
 - An average disposable lunch costs \$4.02 per day and \$723.60 per year
 - An average zero-waste lunch costs \$2.65 per day and \$477.00 per year

HOW can you pack a zero-waste lunch?

WHAT TO PACK	WHAT NOT TO PACK
Reusable Lunch Box	Paper and Plastic Bags
Reusable Drink Bottle	Disposable Drinks
Cloth Napkin	Paper Napkins
Reusable Silverware	Plastic Silverware
Non-Packaged Food	Disposable Packaging
Enough Food to Fill You Up	Too Much Food

**OTHER TIPS
to help you pack your
zero-waste lunch:**

- Label all of your reusable items so they never get lost
- Only pack as much food as you know you will eat
- Cut up your fruits and vegetables, so if you don't finish them, you can save the rest for later
- Pack your drinks in reusable bottles — you can't reseal juice boxes or cans
- You are more likely to eat a meal that you've helped prepare - help pack your own lunch
- Pack your lunch the night before and keep them in the refrigerator overnight to save time in the morning

¹ US EPA. "Reducing Wasted Food & Packaging: A Guide for Food Services and Restaurants."
² US EPA. "Sustainable Management of Food Waste" Website.
³ USDA. "Food Waste FAQ" Website.
⁴ World Economic Forum. "The New Plastics Economy: Rethinking the Future of Plastics." 2016.
⁵ IPSD PTA, Sandra Coyner. "What Does a Waste-Free Lunch Look Like/How Can I Send One?"