



CREATE A HOW TO PACK A WASTE-FREE LUNCH DEMONSTRATION

Learn how to create and deliver a demonstration that your environment club can use to teach students, teachers and staff about how to pack a lunch for school that has no garbage.

Suggested Time: 10-15 minutes

Suggested Materials:

Waste-free lunch items:

- A reusable lunch bag or box
- A reusable sandwich container
- A reusable drink container
- 3 small reusable containers
(for fruit, crackers and yogurt)
- Reusable spoon
- A cloth napkin

Wasteful lunch items:

- A brown bag
- A sandwich baggie
- A disposable water bottle or juice box
- Sandwich bag, tinfoil and disposable container
(for fruit, crackers and yogurt)
- Disposable spoon
- A paper napkin

ABOUT WASTE-FREE LUNCHES:

- A waste-free lunch is a lunch that has no leftover garbage. It's easy to pack a waste-free lunch for school every day.
- By encouraging all students, teachers and staff to pack a waste-free lunch, your school will:
 - Have a cleaner schoolyard because less litter will be created.
 - Promote healthy living because a waste-free lunch is often a healthy lunch.
 - Save money for schools because less garbage will have to be hauled away.
 - Save money for parents because a waste-free lunch often costs less.
- A waste-free lunch may include a reusable bag, reusable containers, a reusable water bottle, reusable forks, knives and spoons and even a reusable napkin.
- A waste-free lunch does not include disposable items such as plastic baggies, plastic wrap, tinfoil, paper bags, plastic forks and spoons, and any container that you use only once before throwing away.
- Reduce is the most important of the 3Rs because it means avoiding waste in the first place. Even if something can be recycled, it's better to reduce first. For example, fill a reusable water bottle with tap water instead of bringing bottled water every day.
- You can buy juice, yogurt, crackers, cookies, and other snacks in large amounts and take only what you want in a small reusable container. That's called buying in bulk and it can cut down on waste and save you money.
- Think about how much garbage you throw away after lunch in one day. Then think about every student at your school throwing that much away. Then think about how many lunches you have at school in one year. It's easy to see how our garbage can pile up!



PROCEDURE:

Step 1

Find volunteers from your environment club to create and deliver a *How to Pack a Waste-Free Lunch* demonstration. Volunteers can work in groups of two to deliver the demonstration to the whole school.

Step 2

Get permission to have time set aside at the beginning of class or during homeroom period to deliver the demonstration to classes throughout the school. Try to visit as many classes as possible.

Step 3

Using the information provided, deliver the demonstration. Include information on the importance of packing a waste-free lunch for school every day. Use props to demonstrate how to pack a waste-free lunch and how to avoid the things that create more waste.



TIP: Be creative! Come up with a fun way to deliver the information. You can do a demonstration, do a skit, get the audience to participate, quiz the audience, or even make up your own song or infomercial. You may decide to use MMSB's sample PowerPoint slides to go along with your demonstration, or you may ask your principal to put them on your hallway monitors to help educate the school.

Step 4

Keep a record of the classes that see your demonstration and the date. This will help you measure the success of your education efforts. You may notice less garbage after lunch in the classes you visited compared to the classes you didn't visit. You may also notice less garbage in the cafeteria and on school grounds.

Step 5

Share your positive results with the rest of the school.



GET TO HALF AT SCHOOL