



## Eco-Friendly Lunch

With so many cool choices for lunchboxes/bags available, it's become EPICally cool and easy to pack an ecofriendly lunch for school lunches and it's good for the planet!

- **STEP ONE:** Find a great reusable lunchbox that is washable in either a dishwasher or washing machine. Some all-in-one "laptopstyle" lunchboxes come with removable and washable compartments already inside.
- **STEP TWO:** Pack lunch items in washable and reusable containers instead of using foil or plastic zipper bags. Don't forget to label the container and lid with your child's name!
- **STEP THREE:** Send drinks in a watertight plastic or aluminum water bottle.
- **STEP FOUR:** Use cloth napkins instead of paper napkins since they're convenient to use, small enough to carry anywhere and they're very easy to wash. Many of them are even made from 100% organic cotton.

Schools are encouraging trashfree lunches to save the planet and keep costs down. If your school hasn't yet adopted such a program, there are state/national organizations that help "green" schools such as Grades of Green, Kids For Saving Earth, PowerSave Schools Program, and the EPA, just to name a few.

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