

# Waste-Free Lunch Day/Week

## Did You Pack a Waste-Free Lunch?

Use this worksheet to record and compare which items in your lunch were reusable, recyclable, compostable, or waste before and during/after your Waste-Free Lunch Day/Week. The goal is to have the majority of the leftover items from your lunch in the first three columns (especially the first column!), and have as few items as possible in the waste column.

### Before Waste-Free Lunch Day/Week

Day	Reusable	Recyclable*	Compostable*	Waste
<b>Example</b>	Lunch box		Banana peel	Empty juice box, paper napkin, plastic from individual package of pretzels, plastic sandwich baggie
Number of Items	<u>  1  </u> items	<u>  0  </u> items	<u>  1  </u> items	<u>  4  </u> items
<b>Monday</b>				
Number of Items	<u>    </u> items	<u>    </u> items	<u>    </u> items	<u>    </u> items
<b>Tuesday</b>				
Number of Items	<u>    </u> items	<u>    </u> items	<u>    </u> items	<u>    </u> items
<b>Wednesday</b>				
Number of Items	<u>    </u> items	<u>    </u> items	<u>    </u> items	<u>    </u> items
<b>Thursday</b>				
Number of Items	<u>    </u> items	<u>    </u> items	<u>    </u> items	<u>    </u> items
<b>Friday</b>				
Number of Items	<u>    </u> items	<u>    </u> items	<u>    </u> items	<u>    </u> items
<b>Weekly Totals</b> (Add the number of items in each column)				

\*Be sure to recycle and compost everything that you can. However, for the purpose of this activity, give yourself “credit” for bringing items that can be recycled or composted, even if facilities do not exist to do this and they end up getting thrown away.

## During and/or After Waste-Free Lunch Day/Week

Day	Reusable	Recyclable*	Compostable*	Waste
<b>Example</b>	Lunch box, plastic sandwich container, cloth “baggie” for pretzels bought in bulk	Empty plastic milk bottle	Banana peel	Paper napkin
<b>Monday</b>				
<b>Tuesday</b>				
<b>Wednesday</b>				
<b>Thursday</b>				
<b>Friday</b>				
<b>Weekly Totals</b> (Add the number of items in each column)				

### Did You Pack Less Waste?

Compare your findings from your lunch before Waste-Free Lunch Day/Week to those you collect on or after Waste-Free Lunch Day/Week.

### Add It Up!

See how much waste you would avoid if you packed waste-free every day!

After one week, how many waste items would you avoid if you packed waste-free every day? \_\_\_\_\_

After one month, how many waste items would you avoid if you packed waste-free every day? \_\_\_\_\_

After one year, how many waste items would you avoid if you packed waste-free every day? \_\_\_\_\_

**Wow!** You could reduce \_\_\_\_\_ items of waste in one year if you packed waste-free every day! Just imagine how many resources you could be conserving!

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