

Waste-Free Lunch Day

Did You Pack a Waste-Free Lunch?

Name: _____

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

Before Waste-Free Lunch Day

Reusables	Recyclables	Compostables	Waste
Ex. 1 plastic container			packaging for cookies, 1 banana peel, 1 soda can
Totals:			

Waste-Free Lunch Day

Reusables	Recyclables	Compostables	Waste
Ex. 1 plastic container, 1 plastic baggie from cookies	1 soda can	1 banana peel	
Totals:			

Did You Pack Less Waste?

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

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?
 _____ (Hint, multiply the number of waste items avoided in one day by the number of days you attend school during the week.)

After one month, how many waste items would you avoid if you packed waste-free every day?
 _____ (Hint, multiply the number of waste items avoided during one week by the number of weeks you attend school during one month.)

After one year, how many waste items would you avoid if you packed waste-free every day?
 _____ (Hint, multiply the number of waste items avoided during one month by the number of months you attend school during one year.)

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!