

Save as much as \$207* per year per child packing a Zero Waste lunch!



Low Waste Lunches Save Money

The majority of Whittier’s landfill trash at lunchtime is from pre-packaged, single serve items and plastic ziplock bags. These are convenient but are costing you money in addition to creating landfill.

*The cost of a peanut butter and jelly lunch, with juice, applesauce, cheese sticks, and yogurt, reflective of the prices from Jewel Osco and internet food retailers as of August 2016.

Savings from using bulk



\$68.80 saved
Block Cheese vs. Prepackaged Cheese Sticks



\$39.56 saved
32 oz. Tub vs. Yogurt Tubes



\$10.32 saved
128 oz. bottle vs. Capri Sun juice pouches



\$6.83 saved Ziploc reusable containers vs. Ziploc bags

1
BUY BULK
Per unit cost is lower.

2
PACK FOOD AND DRINK IN REUSABLE CONTAINERS

3
PACK A RAINBOW
Check the back for some great healthy lunch tips!

Tips for Packing a Healthy Lunch

1

PACK A RAINBOW

Include different colors of fruits and veggies

Eat a **RAINBOW** every day! By including different colors of fruits and veggies in a lunch, you will eat a variety of vitamins and minerals to keep you healthy. Red, green, purple, yellow, green... each color provides your child with unique and important nutrients.



2

CREATE BALANCE

Try to pack foods from most of the food groups

Create **BALANCE** in your lunch with the different food groups. It is important to try to pack foods from most of the food groups in each lunch. Including a protein (like meats, beans, or nuts), a grain (like whole grain bread or crackers), a dairy food (like milk, cheese, or yogurt), and a fruit and/or a vegetable in your child's lunch will provide them with plenty of energy to get through the school day.

3

STAY HYDRATED

With water - many kids don't get enough

STAY HYDRATED with **WATER**. Many kids don't get enough water, which can result in feelings of exhaustion and overheating. By packing a reusable water bottle in your child's backpack, your child can stay hydrated all day long. Whittier has water fountains throughout the school (including in the minigym) where your child can refill their bottle as needed.



4

KEEP FOOD SAFE

Perishable foods need to stay cold

Make sure your food is **SAFE**. If you do pack perishable foods in your child's lunch box, be sure to include a reusable ice pack. Perishable foods, like meat, cheese, and yogurt, need to stay cold. If these foods get too warm for too long, they could make your child sick.