



“No Garbage Lunch” Guidelines

1. No Disposables

Lunch boxes or reusable containers should be used. There are many canvas and nylon bags on the market. If paper or plastic bags are used, reuse or recycle them when possible.

2. No Throwaways

The current American society has been termed a “throwaway society” because so many products are designed for a single use or treated as one. Many parents buy prepackaged individual servings for convenience and for the “treat” value. But since each “treat” creates a single serving of waste, students should ask their parents to buy larger quantities of their favorites such as chips, applesauce, desserts, etc. Individual servings can be packaged in reusable containers.

3. Use Reusables

Use “Tupperware” or “Rubbermaid” type of durable containers.

Don’t throw out plastic food containers such as margarine tubs and yogurt containers. When they are empty, reuse them over and over again. Avoid using a new plastic food bag for each serving. Just turn them inside out after each use, wipe with soapy dish cloth or sponge, rinse, and leave to dry. A single plastic food bag can last for months.

4. Use Recyclables

To qualify as a recyclable, the container must be recyclable in your community. Possible lunch item packaging, which is accepted in Cincinnati’s curbside recycling program include: empty aluminum or steel cans, brown paper bags, empty plastic bottles coded with #1 or #2.

5. No Plastics #3-7

Only buy food packaged in these products if you feel you can reuse these containers. Be aware that Styrofoam (#6) can NEVER decompose.

6. Take Left Overs Home

Even left over food does not have to be garbage. Take left overs home to eat at another time, give to your pet or place in your compost pile.

7. Bring Containers Home

Students should be responsible for the “full cycle” of their “No Garbage Lunch”. By taking containers home to wash and reuse, students will begin to realize how we are each responsible for the things we use and the amount of garbage we produce.