

## Zero Waste Lunch

**A quick how-to on packing a lunch that is good for you and the environment!**

1. **Utensils:** choose reusable options- bamboo, silverware, or even metal chopsticks. Pack them in your lunchbox to avoid disposable alternatives.
2. **Lunchbox:** bring your old-school lunch habits back with a fun lunchbox. You will immediately recognize your lunchbox in the work fridge!
3. **Containers for everything from salad to chips, to grapes:** a glass or metal container is best (and easiest for you to wash in a dishwasher), but even reusable plastic containers will reduce waste created by single-use sandwich bags.
4. **Reusable napkins:** bring your napkin game to the next level with reusable cloth napkins.
5. **Reusable water bottle:** glass and metal are better alternatives than plastic, but any reusable water bottle is better than a single-use water bottle.

