

An illustration of two hands, one on the left and one on the right, holding a globe of the Earth. The hands are rendered in a simple, stylized manner with pinkish-brown skin and green outlines. The globe shows continents in green and oceans in blue. The entire scene is set against a light blue circular background, which is itself centered on a larger green background.

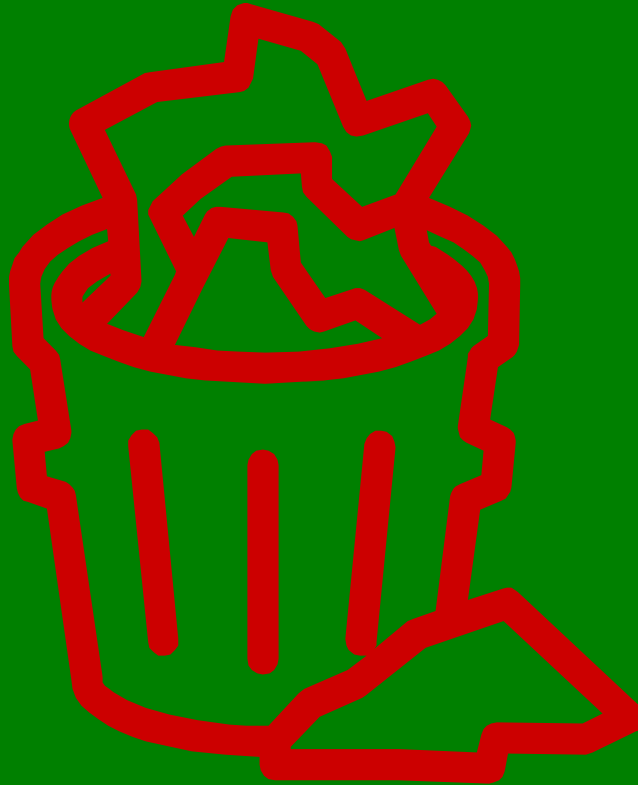
Trash-Free Lunches?

You Can Do It!

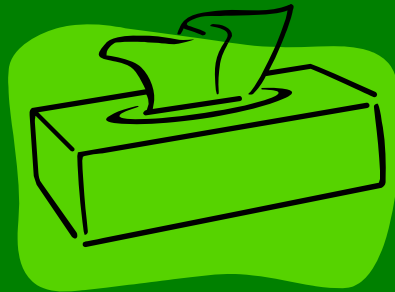
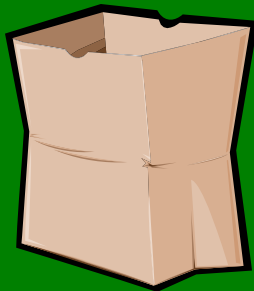
Hampton Clean City Commission
School Pride In Action Committee

Why Go Trash-Free?

You and everyone you know makes 4 ½ pounds of trash each day

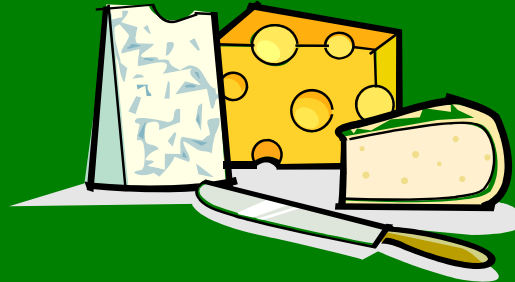


Why Go Trash-Free?



**More than 1 ½ pounds is paper
(including paper napkins, milk cartons,
boxes, and other packaging)**

Why Go Trash-Free?



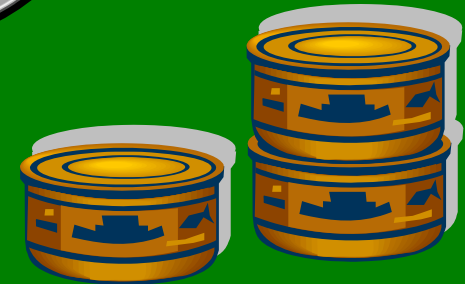
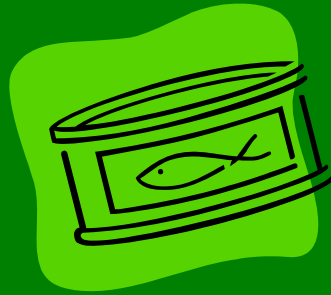
**Food scraps are just over ½ pound
(remember the half-eaten lunch from
earlier this week?)**

Why Go Trash-Free?



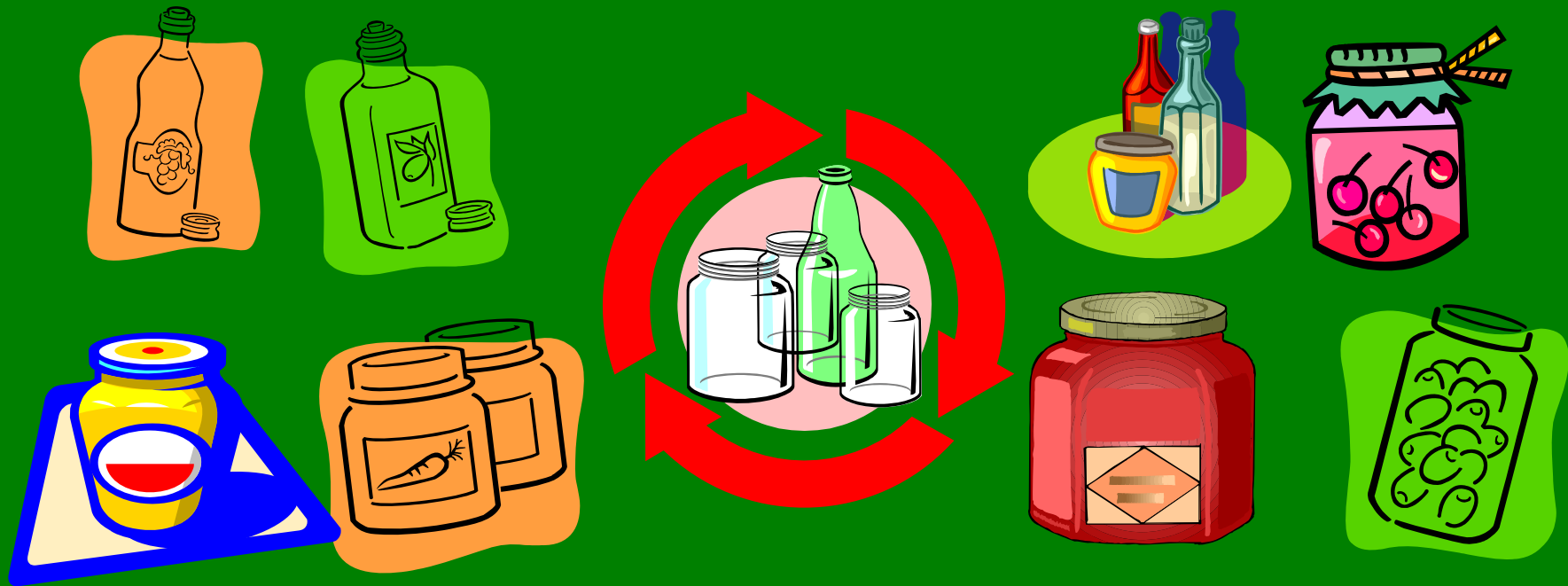
**Almost ½ pound is made up of plastic
(*plastic forks and spoons, the plastic
drink bottles, and even the plastic wrap
on your sandwich*)**

Why Go Trash-Free?



Just over a third of a pound is made up of metal products – like soda cans.

Why Go Trash-Free?



Just over one-fifth of a pound comes from glass products (juice bottles).

BECAUSE!!!



We can make a lot less trash with our lunch by using the 3 Rs:

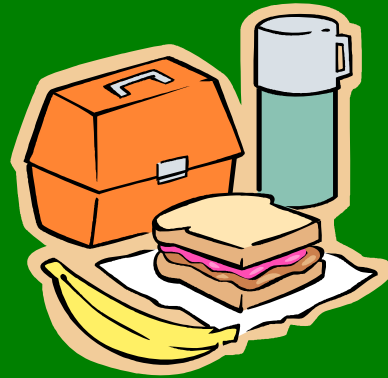
REDUCE REUSE RECYCLE

Make a Trash-Free Lunch!



Don't make as much trash!

REDUCE!

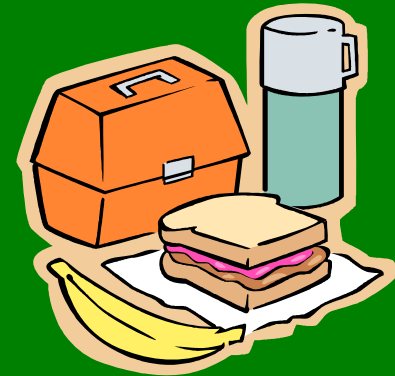


**Take only as much lunch as you can eat!
Ask for healthy food that you like!**

Just say no to disposable packaging!

**Say yes to self-packaged foods like fruits
and vegetables!**

Reuse!

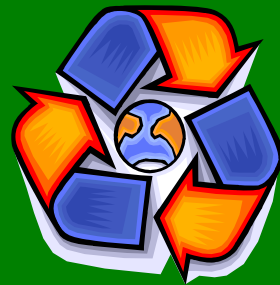


Take a lunch box or a cloth bag that you can use again and again!

Remember the cloth napkins, too!!

Ask for lunch stuff packed in containers that can be washed and reused.

Recycle!



Use aluminum foil instead of plastic wrap for your sandwich – it can be recycled!

Bring your beverage in an aluminum can or a number 1 plastic bottle – both are recyclable.

Compost your leftover fruit & vegetable parts.

Do You Think You Can Make a
Lunch With NO Trash!



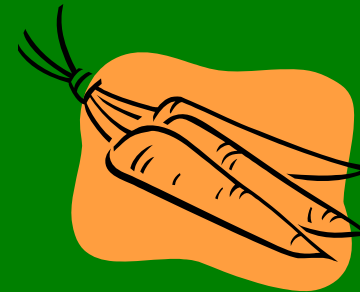
Sure you can!

You Can Make a Lunch With NO Trash!



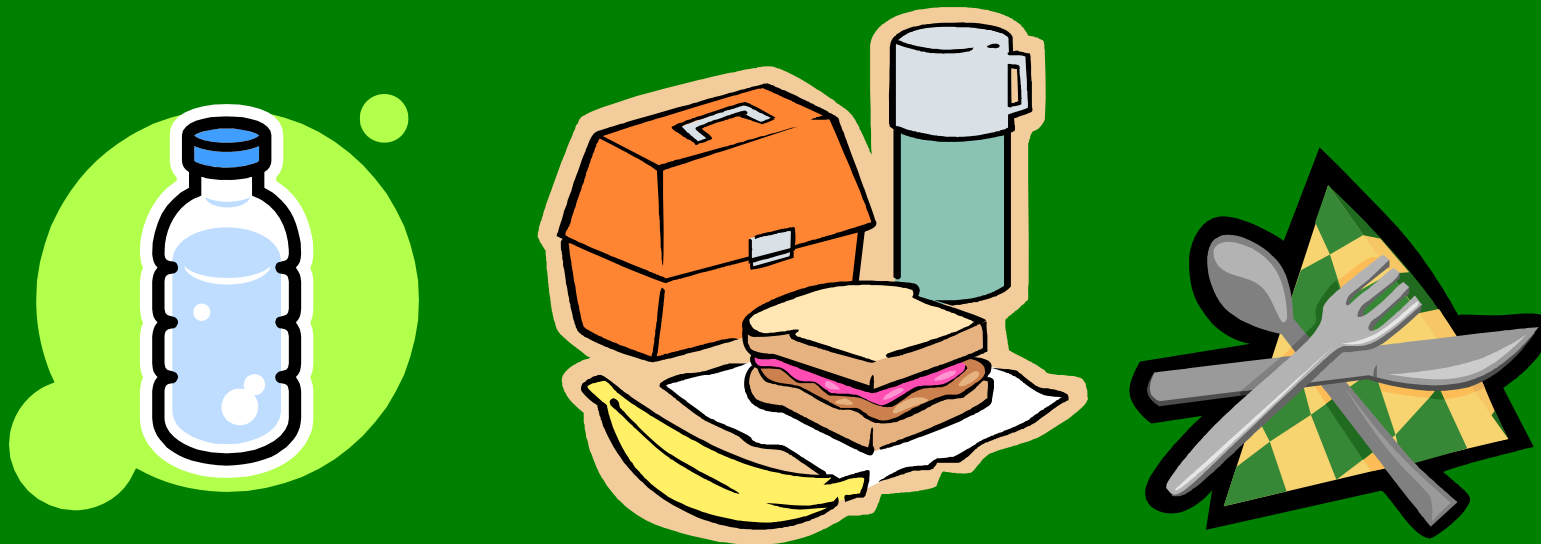
**Start with a reusable lunch box or
lunch bag.**

You Can Make a Lunch With NO Trash!



**Help your parents choose healthy
foods that you like.**

You Can Make a Lunch With NO Trash!



**Look for reusable or recyclable
containers to put the food into, and
remember those reusable napkins
and forks!**

You Can Make a Lunch With NO Trash!

Eat Your Lunch!

**When you're done –
look at what's left.**

**With good planning only the reusable
containers, napkins, and
forks/spoons will be left!**

And maybe some fruit peelings...

CONGRATULATIONS!



*You just packed
your first trash-
free lunch!!*

THANK YOU!



You are taking good care of the Earth!

Earth Day Every Day!

For more information e-mail hccc@hampton.gov.