

Volo Bog State Natural Area's *Waste Not Lunch Challenge*



# Don't Throw It All Away! Reduce, Reuse, Recycle & Compost

Did you know the average student throws away 67 pounds of garbage, much of it food, every school year??? This chart will help you think of ways we can do better.



**Next to each common school lunch item in the chart below, write an X in the column(s) to show the best option(s) one might choose.** Now, whether at home or on a field trip, you'll be empowered to make the best choices to lighten your impact upon our planet!



Choices!	Use it Again	Take Home to Eat Later	Recycle it!	Compost it!	Landfill Bound
Aluminum Soda Can					
Apple Core					
Apple with one bite out of it					
Banana Peel					
Candy Wrapper					
Chip Bag					
Clean Aluminum Foil					
Dirty Paper Napkin					
Drinking Straw					
Empty Juice Box or Milk Carton					
Empty Juice Bag					
Empty Juice Bottle #4 or #5					
Grape Stems or Orange Peels					
Left-over Chips or Cookies					
Lunchable Cardboard Box					
Paper Lunch Bag (empty)					
Plastic #7 Lunchable Tray					
Plastic Baggie					
Plastic Grocery Sack #2					
Plastic Spoon					
Reusable Lunch Bag					
Un-eaten Fruit or Veggies					
Un-eaten Sandwich					
Water Bottle #2					
Yogurt Squeeze Container					