

# Daves Avenue get ready for ...



**What is Trash-Free Tuesdays (TFT)?** The concept is simple. We want kids to bring lunches that don't generate any trash. It's a way to get us all thinking twice about how much trash we toss and a great way to save you and the school money! How about using a thermos or reusable water bottle in lieu of juice boxes or disposable water bottles? Forget the Ziploc bags. Buy things like raisins, pretzels, and yogurt in bulk instead of individually wrapped packages and send them to school in a reusable Tupperware or Glad container. Send your child with a cloth napkin as opposed to a paper napkin and silverware that can be washed and reused. And don't stop at Tuesdays, challenge yourself to pack a trash-free lunch for your child everyday of the week!

## Let's make our School "Trash Free" not "Trashy!"

As an added bonus, your child will have a chance to win fun prizes on TFTs! There will be random raffles held on some Tuesdays at lunch throughout the year. All kids with completely trash free snacks & lunches brought from home will receive a raffle ticket and a chance to win.

To get you started each student is coming home with a reusable cloth napkin. Use fabric pens or Sharpies to write your child's name and decorate the napkin. Then every Tuesday (or every day) send it in your child's lunchbox and you will be helping reduce the trash one napkin at a time!

~ Turn this sheet over for some ideas on how to pack a trash free lunch! ~

Brought to you by:



# How to pack a trash free lunch!

Packing a trash free lunch helps our environment, and saves money for both our school and parents.

Parents save money too—up to \$300 a year per child—when they use reusable containers.\*

## USE THIS

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## NOT THIS



**Take a Reusable Lunch Box**  
try a reusable lunch box like go green lunch boxes, or pack a lunch in a reusable bag to eliminate the trash from paper bags.



**Grab a Reusable Water Bottle**  
bring a reusable water bottle instead of a disposable, plastic water bottle.



**Pack a Cloth Napkin**  
a cloth napkin can be brought home washed and brought back the next day!



**Bring Reusable Utensils**  
pack a fork or spoon that can be brought home & reused instead of plastic that will be thrown away.



**Try Reusable Containers**  
pack a lunch in reusable containers like tupperware and pouch pals. Also save money and resources by reusing plastic containers you already have, such as pre-made fruit cups and hummus dip.



\* Source: Waste Free Lunches. <http://www.wastefreelunches.org/what-is-a-waste-free-lunch-program.html#waste-free-lunch-cost>