

Ideas on how to reduce your waste while packing lunches:

Instead of:	Try:
Fruit snacks	Fresh or dried fruit (banana chips, mango strips, apricots, pineapple, apple slices, raisins)
A granola bar	A slice of banana bread, a blueberry muffin, graham crackers, energy balls, Ritz crackers with nut-butter, rice cake with cream cheese or trail mix
A single serve yogurt (cup or Go-gurt) or applesauce pouch	Yogurt or applesauce from a larger container in a reusable container or a smoothie (in a thermos)
String cheese	Cubes of cheese or slices from a block of cheese
Chips	Popcorn, pretzels, Goldfish, sesame sticks, pita triangles, roasted/seasoned chickpeas or dry cereal
Peanut or tree nuts	Sunflower seeds or pumpkin seeds
Protein	hard boiled egg, ham and cheese omelette muffin/cup, beef jerky/meat stick, cottage cheese, oatmeal (in a thermos)
Veggies w/ dip	Hummus, salsa, nut butter, guacamole
Packaged treats/sweets	yogurt or chocolate covered raisins or pretzels, a few mini marshmallows, chocolate chips or M&M's, a homemade cookie, or a couple of gummy bears/worm (from the bulk section)
Fun alternatives to sandwiches	Pancake rollup, english muffin pizza, quesadilla, meat and cheese kabobs

“Waste free is the way to be!”

Make sure all food is kept at a safe temperature by adding an ice pack or using a thermos.
Consider sending a camping SPORK to eliminate the need for sending multiple utensils.

<https://lecoindemel.com/i-put-childs-lunchbox/>