



ECO-FRIENDLY LUNCH WITH NATURE CAT

Tally Ho!

Nature Cat loves the environment and keeping it clean for all his animal friends! Did you know that when you throw away a banana peel, it can take two years to decompose, or break down, and that a plastic water bottle may take thousands?* Here are some steps to lessen the impact your day-to-day actions have on the environment, starting with your school lunch!

What You'll Need:

- Reusable lunch bag
- Reusable water bottle
- Containers
- Cloth snack and sandwich pouches
- Reusable utensils



Goal of the Activity:

Encourage children to become aware of the trash created every day and take steps to reduce the amount.

Steps to take:

To pack a more eco-friendly lunch, use these tips:

1. Use reusable items in place of disposable: cloth lunch bag or reusable box (like a bento box or stainless steel tins), water bottle (stainless steel or recyclable multi-use plastic, containers vs. plastic baggies, silverware vs. plasticware. Use, bring home, wash, and repeat!
2. Choose fresh food over processed and packaged. Example: An apple creates less waste and will decompose faster than an apple sauce cup.
3. Does your school have recycling? Be sure to drop your cartons, paper, foil, glass, and plastic single-use containers (with a recycle number) in the bin!
4. Does your school compost? Food scraps, paper napkins, plant-based and wooden utensils are all examples of materials that can go in the compost bin, rather than the trash. If your school doesn't compost, ask your teacher if your classroom can start a composting program.