

Food Waste Reduction Strategies for School

If you eat an early lunch, eat a small breakfast before coming to school so that you are hungry by lunch time



Use re-sealable containers and Ziploc bags in your lunch box to save leftovers for later



If you eat slowly and pack a lunch, do not pack a big lunch. If you eat slowly and get a school lunch, only take the minimum amount of food: no extra options like a la carte, extra fruit, deserts, or extra milks



Wait to get a la carte options like extra milks, fruit, and dessert, until after you finish all of the lunch in front of you



If you are not hungry, do not take a classroom snack or a party treat, or ask a classmate to share one with you, or bring a to-go container from home to save it for later



If you do not like your lunch and it is okay to trade with other students at your school, trade! If it is not okay to trade at your school, find another option, like a sandwich or ala carte option that you will eat instead of wasting most of a lunch

