

Plastic Free Lunch Day

WANT TO EDIT THIS TEMPLATE? [CLICK HERE](#) TO FOLLOW THESE INSTRUCTIONS!

Dear Families,

[DAY of WEEK], [DATE] will be **PLASTIC FREE LUNCH DAY** in school cafeterias across the entire country!

Try school food on [DATE] to join the plastic-free action!

Our school kitchen will be serving a special school lunch with NO PLASTIC!

Menu: INSERT YOUR SCHOOL'S MENU HERE (Forks are available by request).

Watch this video starring students & staff! www.plasticfreelunch.org

If your child wants to bring lunch from home, please try to avoid single-use plastics for this special day.

Thank you for helping to make this day meaningful,

(your signature)

Hang this checklist on your refrigerator as a reminder!

PLASTIC FREE LUNCH DAY - [DAY of WEEK], [DATE]

Eat school lunch to go plastic free!

- ☐ Bring your own reusable water bottle or reusable cup!

If you are bringing HOME LUNCH:

- ☐ Bring your food in a reusable container (reuse a deli container!)
- ☐ Bring a reusable fork or spoon if you need one.

(Be creative with your reusables! **No need** to buy fancy containers. Look around your kitchen for to-go containers that can be reused. **It can be plastic as long as it's reusable.**)

If you are bringing STORE BOUGHT LUNCH:

- ☐ Ask for the least amount of plastic packaging possible at the store.
- ☐ Bring it in your reusable bag!
- ☐ Request no utensils, no plastic bag, and SKIP the extra plastic stuff!
- ☐ Try to buy food that does not come in plastic containers or packaging.
- ☐ **FOR THIS SPECIAL DAY, TRY TO:** skip the chips, candy, and juice pouches -- those bags and wrappers are all made with plastic!

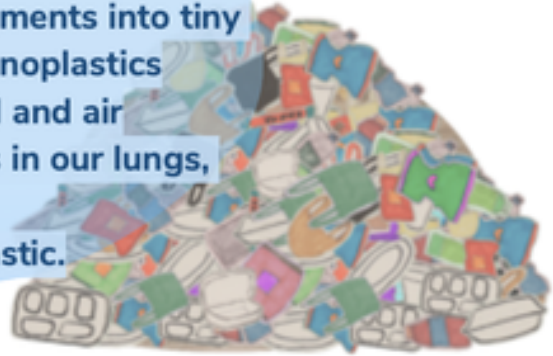
The goal is to have as little single-use plastic as possible on Plastic Free Lunch Day!

This nation-wide special PLASTIC FREE LUNCH DAY was started by 5th graders in NYC!

Why Plastic Free Lunch Day?



- School cafeterias serve over 7 billion meals per year
- School meals are loaded with single-use plastics
- Less than 9% of plastic is recycled
- Most plastic ends up in a landfill or the environment
- Plastic does not biodegrade; it fragments into tiny pieces called microplastics, then nanoplastics
- Microplastics are in our oceans, soil and air
- Scientists have found microplastics in our lungs, liver, digestive tract, and blood.
- We are all eating and breathing plastic.



Learn more: PlasticFreeLunch.org

Thank you for all that you're doing with your students at your school to make Plastic Free Lunch Days meaningful for your students!!

We recommend that you COPY the document and make your edits in your own NEW DOCUMENT that you can save in your own drive.

(This way, everyone will have the original document we shared to edit as they need, and you can tailor your own edits for your school community.)

INSTRUCTIONS. FOLLOW THESE 4 STEPS:

1. Go to the FILE menu on the UPPER LEFTHAND CORNER → → → → → →

2. CHOOSE *Make a Copy*

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3. Save YOUR COPY in your own drive

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4. MAKE YOUR EDITS and share with your school community!
(Rename your new file if you wish!)

Let us know if you have any questions!

