

Say NO to Single Serving Sizes

Waste Free Wednesday returns next week with an added challenge -- eliminate single-serve packages in addition to plastic baggies. Here are some reasons why it's important to avoid individually-packaged foods:

- **Price:** Per ounce, individually packaged foods are much more expensive than their bulk counterparts. For example,
 - Goldfish crackers
 - Carton \$0.28 per oz
 - Single serve packets \$0.61 per oz (Over twice as much!)
 - Mott's Applesauce
 - Big jar \$0.08 per oz
 - Individual cups \$0.11 per oz
 - Squeezy pouches \$0.23 per oz
 - Oreo Cookies
 - Package of oreos \$0.29 per oz
 - Single packets \$0.49 per oz
- **Eco-Impact:** Single-serve sized food not only comes in individual packets -- usually non-recyclable -- but these often come in an additional box with plastic



wrapping. Per ounce of food, single-serve packages produce significantly more waste than bulk packaged counterparts. Whether this trash is recycled or landfilled, more waste has a negative impact on the environment.

- **Nutrition:** In general, single-serving snacks are processed foods, which contain more sugars, fats, preservatives, and sodium than other snack

choices such as fruits and vegetables.

- **Storage space:** Ironically, smaller packages often come in a bigger box, that ends up taking more pantry space than other packaging choices.

On **Wednesday, December 18**, help us meet our goal of ZERO individual-sized packages and ZERO plastic baggies!



Plastic Baggies Aplenty



Imagine a pile of 20 million plastic sandwich bags. Sounds crazy, right? But that's how many are thrown out *every day* in school lunches. At PCCS, we don't want to be a part of this problem -- we want to be a part of the solution! There are many alternatives to plastic bags that aren't single-use disposables made from non-renewable natural resources. Here are some great alternatives for your student's lunch kits:

- [Stasher reusable bags](#) are non-toxic, come in a variety of styles, can go in the dishwasher, and as a bonus you can microwave right in them!
- [Lunchbots](#) has both individual snack-sized containers and whole lunch systems, which are durable, stainless steel, and dishwasher-safe.
- [Rubbermaid's lunchblox kit](#) includes 4 containers in different sizes, all BPA-free, safe for dishwasher and microwave, and includes an icepack.
- And there are many more varieties of re-usable bags and containers out there... look and ask around to find the sizes/styles that meet your needs!

And since the average US family spends \$85 on bags per year, you'll actually save money in the long run by investing in an alternative packaging method!

Join us in reducing PCCS' contributions to the 20 million school lunch plastic baggies that end up in the landfill* each day. Our goal is to see if we can have **Waste-Free Wednesdays**, generating NO plastic bags on November 13 and November 20. Talk to your family about how you can help!

*Remember, clean and dry plastic bags can be recycled in the TREX boxes in each classroom building... but they can't go in there if they have food waste, liquid, oils or crumbs in them, so a lot of lunch bags have to go to the landfill.

