



# WAY TO BE WASTE-FREE CHALLENGE



## Earn A Food Charm

### Your lunch and snack garbage weighs as much as a student !

It's true! Each elementary school student creates **45 to 90 pounds of garbage a year** from their lunch and snack trash. That's about **19,000 pounds** of garbage for every elementary school in the country! We need to reuse and recycle to get rid of all that trash! Join the **Way To Be Waste-Free Challenge** from **Oct 18 - Nov 14**, and help reduce the waste.

**Bring a waste-free snack for 10 days or more and earn a food charm.** Ask your parent/guardian to initial the calendar on this sheet every day you bring a waste-free snack.

Turn in your completed sheet and collect your charm the week of November 14. Drop-off station will be in the atrium, every morning from 7:15 – 7:40 am.

### HOW TO BE WASTE-FREE

#### PLEASE USE

- plastic containers - reuse a plastic food container with a lid
- metal containers
- fill containers from bulk food purchases or family size snack packs
- reusable bottles for drinks, or a plastic bottle that is used more than once
- fresh fruit - all fruit waste is allowed
- cloth napkins

#### DON'T USE

- plastic bags or paper bags
- plastic wrap
- aluminum foil
- prepackaged snacks
- disposable eating utensils and napkins
- disposable juice/water bottles and juice/milk cartons

### October/November 2011

*\*Parents – please initial every day your child brings a waste-free snack.*

Monday	Tuesday	Wednesday	Thursday	Friday
17 NO SCHOOL	18	19	20	21
24	25	26	27	28
31	Nov 1	2	3	4
7	8	9	10	11
14	<b>Bring this form to the atrium between 7:15 – 7:40 am any morning this week, and collect your food charm.</b>			

Student Name \_\_\_\_\_

Teacher \_\_\_\_\_ Grade \_\_\_\_\_

Signature of parent or guardian \_\_\_\_\_

**Any Questions? Email [environmentalclub@sweetapplepta.com](mailto:environmentalclub@sweetapplepta.com)**