

Lunch-Packing Cost Comparison



Waste-Full Lunch

(disposable packaging, single-servings)

Nut Butter & Jelly Sandwich in a plastic Ziploc bag	\$1.44
Yogurt 6oz. single-serving plastic cup (cannot be resealed, leftovers get thrown away)	\$1.19
Baby Carrots 2oz. single-serving plastic bag (leftovers get thrown away)	\$0.50
Crackers 1oz. single-serving package (leftovers get thrown away)	\$0.67
Cookies 1.25oz. single-serving package (leftovers get thrown away)	\$0.67
Juice pouch 6.75oz. (leftovers get thrown away)	\$0.62
Spoon plastic disposable	\$0.05
Napkin paper disposable	\$0.02
Lunch Bag paper disposable	\$0.03

\$5.19

plus the cost of all the uneaten food and the environmental cost of all the waste!



Waste-Free Lunch

(reusable containers and food in bulk)

Nut Butter & Jelly Sandwich in a reusable Food Kozy®	\$1.40
Yogurt 6oz. serving (from 32oz. container) in reusable stainless steel insulated food jar	\$0.75
Sliced Carrots 2oz. serving in reusable stainless steel container (leftovers can be eaten later)	\$0.25
Crackers 1oz. serving in reusable stainless steel container (leftovers can be eaten later)	\$0.33
Cookies 1.25oz. serving (from 9.5oz. box) in stainless steel container (leftovers can be eaten later)	\$0.39
Water in stainless steel water bottle (leftovers can be used later)	\$0
Spoon reusable bamboo	\$0
Napkin cotton reusable	\$0
Lunch Bag cotton reusable	\$0

\$3.12

plus the amortized cost of reusable containers, but **NO waste!**

Save \$372 every school year!

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