

Lunch-Packing Cost Comparison



Waste-Full Lunch

(disposable packaging, single-servings)

Waste-Free Lunch

(reusable containers and food in bulk)

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

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

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