

Dear Parents,

A group of students called the Squad for Environmental Education for Kids (S.E.E.K.) is sponsoring a **Waste-Free Lunch Day at \_\_\_\_\_ School on \_\_\_\_\_**.

On our Waste-Free Lunch Day, students will be asked to bring lunches that include as many items as possible that can be eaten, reused, recycled, or composted and as few items as possible that must be thrown away.



You can help your child pack his or her waste-free lunch by including only what your student can eat, using reusable containers or bags, or buying non-perishable foods in bulk. In planning your child's waste-free lunch, remember: if you pack any items that need refrigeration make sure you include a reusable ice pack to keep the items fresh. If your child is taking hot lunch on this day, they will not be able to participate.

Waste-Free Lunch Tips:

<p><b>Include:</b></p> <ul style="list-style-type: none"><li>· Sandwiches in reusable containers.</li><li>· Whole fruits without packaging.</li><li>· Drinks in containers that can be reused, such as a thermos, or recycled, such as a can.</li><li>· Snacks purchased in bulk and brought in reusable containers.</li><li>· Reusable ice packs.</li><li>· A wash rag or cloth napkin</li></ul>	<p><b>Don't Include:</b></p> <ul style="list-style-type: none"><li>· Individually wrapped snacks</li><li>· Plastic baggies that are not reusable</li><li>· Disposable forks and spoons</li><li>· Straws</li><li>· Juice boxes or bags</li></ul>
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And don't stop after just one day of packing waste-free! **Pack your child a waste-free lunch every day and pack your own waste-free lunch for work.**

If you have any questions about the Waste-Free Lunch Day, please contact \_\_\_\_\_ at \_\_\_\_\_. For more information on waste-free lunches, please visit <http://www.epa.gov/epaoswer/education/lunch.htm>.

Thank you for your support, and please help our school make today and every day a waste-free lunch day!

Sincerely,  
S.E.E.K