

Tips for Reducing Office Lunchtime Waste



Eliminate Take-Out and Pack Your Lunch Using Reusable Containers

Reduce packaging waste while saving money. Waste free lunches cost almost 40% less than lunches packed with pre-packaged foods.



Be Healthy and Reduce Food Waste

Packing your own healthy lunch helps you watch your calories and reduce food waste. It is estimated that the total food disposed of per day in the US amounted to over 49,000,000 pounds in full-service restaurants and over 85,000,000 pounds in fast food restaurants.



Give Yourself a Raise!

The average worker spends around \$37 a week on bought lunch, which is equivalent to up to \$2,000 a year.



Keep Durable Dishes at Your Desk

Store a reusable plate, bowl, cup, mug, utensils, cloth napkin, and to-go containers at your desk.



Use Durable Dishware for Office Parties

If your office has a breakroom with a sink, stock it up with durable dishware for use during lunch or for office parties.



Don't Forget the To-go Container

Bring a reusable, to-go container with you to take home leftovers when you go out to lunch.



Use a Durable Lunch Box or Bag

Use a reusable lunch box to pack your lunch. Extend the life of your shopping bags by using them to pack your lunch. Or, get rid of disposable bags all together and use only durable bags.



Plan Your Menu for the Week

Before you shop, make a list of all the food you will need for the week. Buy only what you need, eat everything that you buy.



Reduce Wasteful Packaging

Bring your own reusable containers and shop in the bulk food section



Buy Large, Pack Small

Choosing to purchase large containers of food and packing it in smaller containers for lunch reduces your waste and saves money.



Buy Local

Shop at local farmers markets or produce stands and support business in your community. Locally grown produce looks and tastes better because it's picked at its peak. Buying local also reduces the harmful environmental impacts of long distance shipping.



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