

## Remember...

### Reduce

Not make garbage to begin with! Using a cloth towel to wipe your hands instead of paper towels.

### Reuse

Use things over and over again! Use a yogurt container for your lunch snacks.

### Recycle

Turn things into new items! Recycle all the materials that your local community program collects.

### Compost

Is a simple, natural way to recycle nutrients and return them to the soil to be used again. Compost is used for fertilizing and conditioning the soil and is made from materials like leaves, grass clippings, fruit, vegetable and bread wastes.

### Buy Recycled!

We need to close the recycling loop by buying products and packaging made from recycled materials. Look for products and packaging that say they are made with post-consumer waste.



If you have any question about waste reduction, reuse or recycling, or any ideas to help reduce, reuse, recycle, compost or buy recycled products & packaging, call the Bureau of Waste Reduction and Recycling at (518)402-8706.

### Send us your ideas.

We'd like to include them in future publications.

### Write to:

NYS Department of Environmental Conservation  
Division of Materials Management  
Bureau of Waste Reduction & Recycling  
625 Broadway  
Albany, New York 12233-7253

### or email us at:

[recycling@dec.ny.gov](mailto:recycling@dec.ny.gov)

### and check our web page at:

[www.dec.ny.gov/chemical/8506.html](http://www.dec.ny.gov/chemical/8506.html)

# Reusable



# Lunchbox



**Department of  
Environmental  
Conservation**

Printed on 100% Post-Consumer  
Recycled Paper

## THE REUSABLE LUNCH BOX

It is easy to help the environment!  
Use this pamphlet to create lunches that reduce waste.

## ENVIRONMENTAL CHOICE

- ☺ Carry your lunch in a lunch box, a reusable bag or at least a brown bag made from recycled paper.
- ☺ Try a reusable container for your drinks.
- ☺ Use reusable containers for your sandwiches and desserts.
- ☺ Use reusable forks, spoons and knives or wash plastic ware and use it again.
- ☺ Buy desserts in bulk and make individual servings using reusable containers. It costs less and reduces your garbage. Or buy desserts that don't use packaging (apples) or have their own packaging (bananas).

Remember... we have a bottle bill in New York State which requires at least a 5 cent deposit on carbonated soft drinks, beer, malt beverages, wine coolers, mineral water and soda water containers!

Don't trash'em, cash'em!

## NOT AS GOOD A CHOICE

- ☹ Using a disposable lunch bag.  
(If you bring your lunch to school every day, that's 180 bags each school year).
- ☹ Disposable containers.  
(If you bring your lunch to school every day, that's 180 containers you throw away each school year).
- ☹ Ready-made packaged lunches.  
(You will save at least 180 packages each school year).



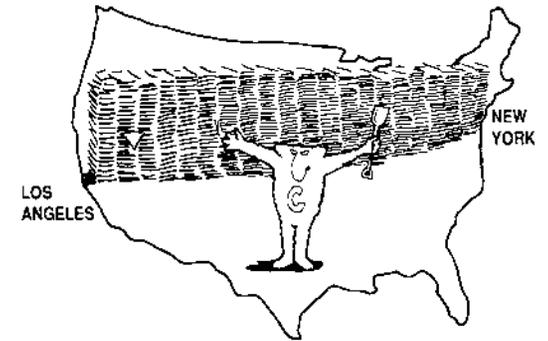
- ☹ Disposable forks, spoons and knives
- ☹ Individually packaged desserts.

If you use a disposable lunch, you will make between 4 - 8 ounces of garbage every day, that's 45 - 90 pounds of garbage per year! So give a reusable lunch a try.

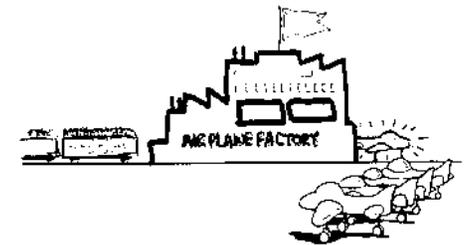
This reusable lunch guide will help you save...

landfill space  
natural resources  
energy  
money  
your planet  
and will help you generate less pollution!

## DID YOU KNOW?



With the office and writing paper we throw away every year, we could build a 12 foot high wall from Los Angeles to New York City!



With the aluminum we throw away in 3 months, the United States could rebuild its entire commercial air fleet!



We throw away 2.5 million plastic bottles every hour (22 billion plastic bottles every year)!