

PLASTIC FREE LENT: WEEK 2



LUNCH TIME!

Sunday



March 9, 2025

Restock and Renew Day

Each Sunday, get in the habit of restocking your Zero Waste To-Go Kit in preparation for the week ahead. Being prepared is the #1 way to avoid excess waste!!!

Don't forget to grab your reusable grocery bags and bring them to the car as well!

#noplasticsforlent

Monday



March 10, 2025

It's a wrap

Today, let's consider the SANDWICH! Sandwich wraps are a great alternative to plastic bags. Check out the DIY pattern below!

Other great options are beeswax wraps, compostable paper, or a cloth napkin!

[Sandwich wrap pattern](#)

Tuesday



March 11, 2025

No spill jars

These 4 oz canning jars are great for packing liquids (and non-liquids) in work and school lunches. Closed correctly, they are spill-proof and leak-proof.

Use them for dips, fruit, juice, sauces, and more! Replace individual plastic packed items and pack your own!

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Wednesday



March 12, 2025

Let's talk about drinks

Most lunch drink options are not designed for planet earth! The best bet is to avoid all types of single use pouches, boxes, and bottles and instead send a refillable water bottle for lunch.

Bonus, for flavor add a few drops of lemon juice, a slice of fruit, or a tea bag!

#dontdrinkyourplastic

Thursday



March 13, 2025

Lunch boxes

What is your favorite lunch box?

Containers such as the one above, as well as Bento Boxes and other popular favorites, are great ways to reduce your lunch waste!

#yougotthis

Friday



March 14, 2025

Make your voice heard

Talk to your school or workplace about eliminating single serve plastics from their lunch line.

Suggest they use reusable trays, reusable tableware, and serve food directly onto the tray.

#makeyourvoicecount

Saturday



March 15, 2025

Plastic baggie alternatives

Have you tried these paper sandwich bags?

They are a great alternative to plastic zip bags for sandwiches and relatively dry sides and snacks, including veggies. They are plastic and wax free, recyclable and compostable!

#noplasticsforlent