

# It's ZERO WASTE WEEK at T.C.S.!

Zero Waste Week is a school-driven, week-long campaign to reduce waste in school. With a focus on reducing land-based waste in order to protect the health of local marine environments, the week is intended to raise school and community awareness of how single-use plastic and other types of litter affect the health of our local watersheds, marine sanctuaries, and ocean. Attention is focused on, but not limited to, reducing single-use plastic items.

These items include:

- food packaging and wrappers
- yogurt containers
- straws
- plastic containers
- juice boxes and other single-use liquid containers
- foil
- plastic wrap

Throughout the week, we will be thinking about what zero waste means as students begin to notice waste and be thoughtful about the waste they generate.

**ON Friday, March 22, TRY TO PACK ZERO WASTE SNACKS AND LUNCHES.**

**It's the ZERO WASTE FRIDAY CHALLENGE!**

Our week of mindfulness will culminate with the **3rd Annual School Garden Fundraiser Pasta Party** where our goal is Zero Waste as well. If you attend, you will see us using plates collected from local swap shops and donations, reusable silverware, and cups, compostable napkins, a compost station and more!

Turn over for information and ideas about ZERO WASTE SNACKS AND LUNCHES!

**3rd Annual Pasta Party**

Truro Kids grow their own

**Friday, March 22**  
**Truro Central School**  
suggested donation  
**\$10 per person/ \$25 per family**  
serving 5-7pm

"Take out" available! Gluten-free option also!  
Music by TCS staff!!

Featuring fresh, house made Montano's pasta, Cape and school-grown greens, bread by PB Boulangerie, desserts by Canteen, local clams and organic, grass-fed Vermont ground beef. Prepared by chefs from Blackfish, Ceraldi's and Mac's.

Special thanks to Blackfish, Ceraldi's, Mac's, Montano's, Canteen, Moms' Print Shop, Bayberry Gardens, Salty Market, Truro Vineyards, Beanstock Coffee, PB Boulangerie, Shop Therapy, Nestwood Farms Seamen's Bank, Lower Cape Ice, Out There Organics, Longnook Meadows, Farm, Dave's Greens, Pure Joy Farm, Rice Family Farm, Wild Truro, and Sustainable CAPE

Benefits the School Garden Program

Our goal is Zero Waste

# Zero Waste Lunches and Snacks



Good.

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Simple.

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Fun.

Today, as part of Zero Waste Week at Truro Central School, students and staff collected the single-use trash from their classroom snack time as well as during lunch. This data will be tallied and used later in the week.

Throughout the week, we will be talking and thinking about what single-use trash is and some of the ways it affects our school, community and Earth.

On Friday, March 22, after learning more about single-use trash, we will collect our single-use trash again and compare it to our first collection.

We encourage students and families to try to reduce or even eliminate the use of single-use trash on the Zero Waste Friday Challenge!

We found these tips and statistics at [www.wastefreelunches.org](http://www.wastefreelunches.org).

What can YOU do to reduce or eliminate single-use trash from your snack and lunch?

Join us at the School Garden Pasta Party Fundraiser on Friday, March 22 where our goal is Zero Waste!

## What is a Zero-Waste lunch?

- Start with a reusable lunchbox, reusable bag, or backpack
- Pack your food in reusable containers
- Use a refillable drink bottle or thermos with a reusable straw
- Include reusable utensils
- Add a cloth napkin

## Zero-Waste lunches are easy!

- Pack lunches in the evening
- Pack leftovers from dinner directly into your reusable containers
- Stock up on easy-to-pack healthy foods like fruits, vegetables, whole grains.
- Purchase large bags or containers of snacks or nuts instead of single serving bags or yogurt

One child's disposable lunch generates an average of 67 pounds of waste each school year.

## Rethink your lunchbox

### Why pack a waste-free lunch?

- Landfills are reaching capacity and incineration creates air pollution.
- Funds not spent on trash removal can be put to better use.
- Empower our kids to make positive changes for the planet.
- Eliminate the need for processed, pre-packaged foods.

...and it costs less!

An Average Disposable Lunch	An Average Waste-free Lunch
\$4.02 / Day	\$2.65 / Day
\$20.10 / Week	\$13.25 / Week
\$723.60 / School Year	\$477.00 / School Year