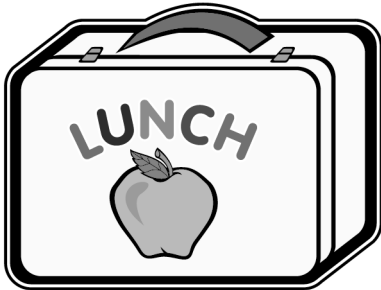


Attention Oklahoma Students!

Make Every Day a Waste-Free Lunch Day
This is a good activity for celebrating Earth Day or Use Less Stuff (ULS) Day

A Waste-Free Lunch Day is . . .



. . . an activity which is beneficial any day you want to schedule it. Earth Day is celebrated every April 22, which will be a good day to hold your Waste-Free Lunch Day. Also, annually the Thursday before Thanksgiving is officially declared Use Less Stuff (ULS) Day in Oklahoma, which is another very good day to do something to change our wasteful habits. You can help conserve natural resources and reduce the amount of waste sent to Oklahoma landfills by recycling or reusing lunch containers.

Ways To Encourage Waste-Free Lunch Days:

1. Set up a display table with items labeled "use me" (such as lunch boxes), "avoid me" (such as disposable drink containers) and "reuse me" (such as reusable plastic containers).
2. Have a weekly Waste-Free Lunch Day.
3. Hold a Waste-Free Lunch Day poster contest and display the posters in your cafeteria.

I certify that

School conducted a
Waste-Free Lunch Day on

Principal's Signature

Date _____

Here's How You Can Help:

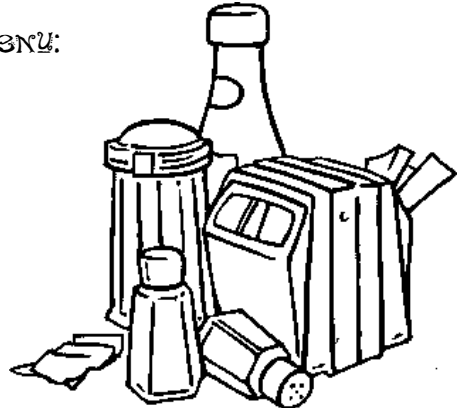
Schedule a day for a Waste-Free Lunch Day at your school. Pack reusable lunch boxes or bags with reusable or recyclable containers: a thermos container or a drink packaged in a recyclable aluminum can or bottle, *not a disposable drink box or bottle*; reusable plastic containers, *not plastic wrap*; and a cloth napkin, *not a paper napkin*. Be sure recycling containers are provided for any disposable items in your lunch **BEFORE** you pack them.

Try Not To Throw Anything Away!

See if you can reduce the garbage during regular lunch days.

Here's a suggested Waste-Free Lunch menu:

- ♻️ a sandwich or leftovers in a reusable container
- ♻️ chips or crackers in a reusable container
- ♻️ fruit or salad in an empty plastic peanut butter jar
- ♻️ juice or water in an insulated beverage container
- ♻️ cloth napkin
- ♻️ pack lunch in a box or reusable bag



Oklahoma Department of Environmental Quality
Waste Management Division
707 N. Robinson, P. O. Box 1677
Oklahoma City, Oklahoma 73101-1677

Information provided by Valley View School (K-5) McHenry, Illinois.

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Waste-Free Lunch Certification Form

We like to keep track of schools interested in conserving Oklahoma's resources. Please complete and return the form below to be included on our Waste-Free Lunch active school list.

School Name _____

Principal Name _____

Address _____

School Contact Person _____

Contact Person Phone Number _____

Contact Person E-mail Address _____

Grade Level(s) Participating _____

Number of Students _____

Return Forms To:

Oklahoma Department of Environmental Quality
Waste Management Division
707 N. Robinson, P. O. Box 1677
Oklahoma City, Oklahoma 73101-1677

Please write in the number of garbage cans that you normally fill at lunch time. _____

Please write in the number of garbage cans that you filled on Waste-Free Lunch Day. _____