



I certify that

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School conducted a Waste-Free Lunch Day on \_\_\_\_\_

Principal's Signature \_\_\_\_\_

Date \_\_\_\_\_

# Attention Oklahoma Students!

## Make Every Day a Waste-Free Lunch Day



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

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# 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.

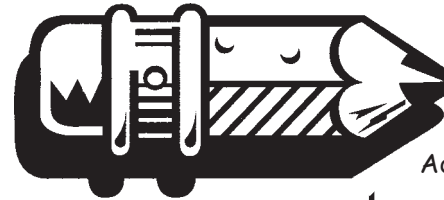


## Here's how you can help:

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.

## 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.

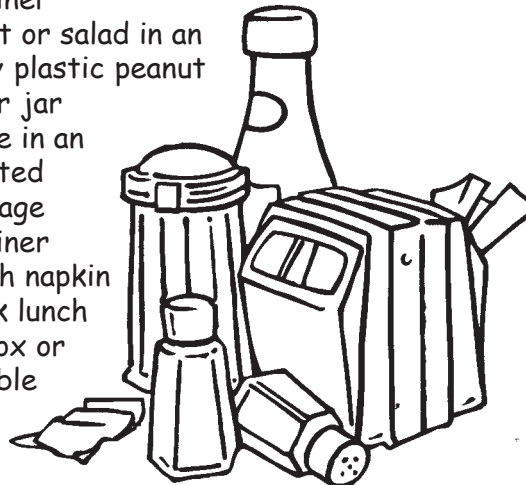


### TRY NOT TO THROW ANYTHING AWAY!

See if you can reduce the garbage during regular lunch days.  
**HAPPY REDUCING!!!**

#### Here's a suggested Waste-Free Lunch menu:

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



## 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 \_\_\_\_\_

Grade Level(s) Participating \_\_\_\_\_

Number of Students \_\_\_\_\_

#### Return Forms To:

Oklahoma Department of Environmental Quality  
Environmental Education Office  
1000 N.E. 10th  
Oklahoma City, Oklahoma 73117-1212

Please put the number of garbage cans in the space below that you normally fill at lunch time.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please put the number of garbage cans in the space below that you filled on Waste-Free Lunch Day.

\_\_\_\_\_  
\_\_\_\_\_