

ECORESPONSIBLE

LUNCH BOX



A no waste lunch box is possible!
You just need to plan ahead.

1 Use a lunch box or reusable lunch bag, or opt for an ecological compartmentalized lunch box, that requires no packaging.

2 Substitute small resealable plastic bags and plastic films for plastic, glass, or stainless steel containers.

3 Choose a reusable bottle in which you can pour drinks, rather than individual juice boxes or non-reusable plastic bottles.

4 Eliminate foods that are individually packaged. Opt for large formats that you split into small portions in your reusable containers (yogurt, cheese, snacks, etc).

5 Clean and cut your vegetables and store them in reusable containers as soon as you return from the grocery. This will avoid losses and waste in your refrigerator.

