

# Saving Money with Low Waste Lunches!

**ALL students and staff invited to participate in Waste-Free Wednesdays, taking place once a month at all lunch periods.** (For schedule, see <http://beveschoolpto.org/website/wellness/green-team/waste-free-wednesday>)

**What if someone offered to pay you \$300 each year to participate in Beye's Zero Waste Lunch program?** For the cold lunch crowd, in a sense, that is the Green Team's offer. **We invite those packing a lunch from home to become a zero waste luncher every day!**

The majority of "trash" at lunchtime is from pre-packaged, single serve items. These are certainly convenient, but below we review the potential costs of being able to "grab and go."

**Comparison:** The chart below studies 5 convenience lunch items -- cheese sticks, Capri Sun juice pouches, apple sauce cups, yogurt tubes, and Uncrustables (premade PB&J sandwiches) – and compares the per-unit cost of these items against the same amount of the same item from a larger jar, block, or container.

**Findings: Over \$300 in savings each school year by choosing bulk over individual-serve items.** Over the course of five years at Beye School, that is **\$1500 in your pocket.** So consider taking an extra five minutes to put together a zero waste cold lunch, and invest the \$1500 in something really meaningful to your family.

Questions? Pls email Beye Green Team at [beyegreen@gmail.com](mailto:beyegreen@gmail.com)

Food Item	Details	Unit Price	Alternative	Alternative Unit Price	Savings over course of school year (difference x 176 days)
Pre-wrapped Cheese Sticks	12 ct. \$4.89 1 oz each	\$0.40	16 oz block, \$4.99	\$0.31	\$15.84
Pre-packaged apple sauce cups	6 ct \$2.79 4 oz each	\$0.46 each	48 oz jar, \$3.49	\$0.29	\$29.92
Capri Sun juice pouches	10 ct \$3.49 6 fl oz each	\$0.43	19 oz. can Lemonade Mix \$4.39 makes 256 fl oz	\$.10	\$58.08
Yogurt tubes	8 ct \$3.49 2.25 oz each	\$0.43	32 oz tub \$3.49	\$0.25	\$31.68
Uncrustables	4 ct \$3.79 2 oz each	\$0.95	20 oz loaf \$1.49	\$0.07	
			32 oz jar jelly \$2.79	\$0.08	
			40 oz jar peanut butter \$4.99	\$0.12	
			Total Homemade PBJ	\$0.27	\$119.68
<b>TOTAL ANNUAL SAVINGS</b>					<b>\$255.20</b>

Note: Study conducted by Beye Green Team, using prices reflected at local Oak Park Dominick's store.