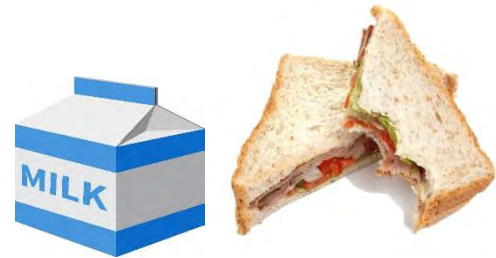




**Limit your leftovers!
Pledge to reduce food waste at school**

Food waste can make up to 40 percent of total garbage volume in school cafeterias or lunch areas. When we waste food, we waste money and the water and energy used to grow, prepare, and transport that food.



If I get school lunch, I pledge to

- Eat what I take, and take only what I will eat during lunch.
- From salad bars, take ½ cup of fruits and vegetables, but avoid taking large portions unless I know I will eat the food. I know that I can go back for more.
- Place unopened, packaged foods and drinks from the school lunch program on a “share table” for others to eat and drink.

If I bring my lunch from home, I pledge to

- Take home any food I do not eat during the school day.
- Get involved in packing my lunches! I’ll work with my family to make a list of my favorite sandwiches, salads, drinks, etc. that make up a healthy lunch that I will want to eat.
- Pack waste-free lunches. Use durable, reusable containers for sandwiches and other lunch items. Use a durable, reusable bottle for water or other drinks. Bring durable utensils, if needed, along with a cloth napkin. Bring home the reusable containers, bottles, utensils and napkin for use the next day.