

Lunch Swaps

Sustainability Tips for Mindful Mealtimes



Sending kids to summer sailing camps is a great opportunity for them to be on the water and learn how to support their environment. Young sailors not only learn how to sail but also how to love and protect the waters they navigate. Reducing our reliance on single-use plastics and being mindful of what we bring near the ocean is a great step toward protecting it! As you're preparing your summer plans, follow our guidance to pack a lunch that packs a punch.



Reduce Food Waste

Are there foods that consistently get thrown out or come home in the lunchbox? The first step to sustainability is reducing waste; even if composting is available, the best scenario is that everything packed in a lunch gets eaten! Swap out foods that keep getting sent home.



Rethink Packaging

- Include lunch items that are unwrapped or have their own natural wrappers, like oranges, bananas, celery, and hard-boiled eggs.
- Prioritize reusable containers for lunch items that need to be wrapped.
- We all know to get a cool lunchbox but there are reusable options for inside the box, too! They're a bit of an initial investment, but in the long run, better for your wallet and the planet! Reusable options include:
 - Silicon bags, like [Stasher](#)
 - Beeswax wraps such as [Bee's Wrap](#)
 - Your favorite reusable bag or container!
 - Reusable pouches to fill, such as silicone options from [Haakaa](#)
 - Reusable glass containers like those from [Pyrex](#)
- Bring your reusable water bottle to avoid using single-use plastic bottles.
- Choosing drinks other than water at lunch? Avoid juice boxes with single-use straws and instead go for reusable containers or look for aluminum cans.



Update Your Utensils

- Bring reusable cutlery from home!
- Invest in a travel set for your lunchbox, such as bamboo or metal sets, that have a fork, spoon, knife, and sometimes chopsticks and a straw.



Look After Your Trash

- Any food scraps or trash should make it into the appropriate receptacle or come back home. Operate under the "Leave No Trace" principle, meaning you leave nothing behind since it could end up polluting our oceans and waterways.
- Check with your organization to see if they compost. Food scraps and some other materials may be thrown away in the compost instead of going to the landfill.



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