






Go Green . . . Go Tupperware®

How can you save money and the environment at the same time?

Tupperware® is economical \$

- \$ 65% of all produce purchased is never consumed, it's thrown away. Extend the life of YOUR produce with **FridgeSmarts!**
- \$ Stop tossing stale/crushed crackers and chips. **Modular Mates** keep your dry foods fresh and intact for months!
- \$ Stop buying bottled water and paying for the bottles over and over . . . use the **sports bottle** or **insulated tumbler** instead.
- \$ Save a ton of money using Tupperware to pack your lunch! (See reverse side)
- \$ Save money on your energy bills by microcooking your meals.
- \$ Stop spending money on plastic baggies, wraps, paper plates and cups. Buy Tupperware once and let it last a lifetime.

Tupperware® is ecological

-  Stop throwing away food and creating more garbage! **FridgeSmarts** and **Modular Mates** can extend the life of your food.
-  Plastic water bottles create so much trash that some states are prohibiting the sale of them. Use and reuse your dishwasher safe water containers, including the **sports bottle** and **insulated tumbler**.
-  Stop contributing to landfills by throwing away plastic baggies, plastic wraps, paper plates and cups. Buy Tupperware once and let it last a lifetime.
-  Save a ton of money using Tupperware to pack your lunch! (See reverse side)
-  Microcooking uses $\frac{1}{7}$ of the energy your stove/oven uses, and cooks most foods in $\frac{1}{2}$ to $\frac{1}{4}$ the time. **Vent 'N Serves** are great from freezer to microwave!

Tupperware® is eco-friendly. . .

Go Green . . . Go Tupperware®

We'll help you save money and save the environment!

How much are you spending on lunch?

A Typical American Lunch (DISPOSABLE or pre-packaging)

- Sandwiches sealed in plastic bags
- Fruits and vegetables in plastic bags
- Prepackaged chips, cookies, fruit bars, granola bars, cheeses, and fruit leathers
- Prepackaged yogurts, applesauce, and puddings
- Crackers, pretzels, chips, and other snack foods sealed in plastic bags
- Disposable juice boxes, juice pouches, soda cans, water bottles, and milk cartons
- Plastic forks and spoons
- Paper napkins
- Reusable lunchboxes and disposable paper and plastic bags

Average Cost: \$4.02 daily or \$723/ school year

A Waste-Free Lunch (REUSABLE packaging)

- Sandwiches and other main dishes, fresh fruit, fresh vegetables, and treats in a reusable lunch container.
- Note: Our containers also keep foods from getting smashed!**
- Cloth napkins
- Stainless-steel forks and spoons
- Reusable drink containers /sports bottle
- Reusable lunchboxes

Average Cost \$2.65 daily or \$477/ school year

Savings equal approximately \$250 each year!

*With this type of lunch, lunch food items can also be bought in larger quantities. Waste-free lunches are not only a wise environmental choice; they are less expensive as well.

Did you know that bringing lunch to school in disposable containers will add about 67 lbs of waste for every student each year?*

*This info and chart courtesy of: www.wastefreelunches.org