WASTE-FREE LUNCHBOX CHALLENGE

GUIDE

SEABIN FOUNDATION
FOR CLEANER OCEANS

PLASTIC-FREE LUNCHBOX PLEDGE

I .....

Pledge to:

Not use single-use plastic in my lunchbox

Encourage others to reduce their plastic usage

Educate myself about plastic

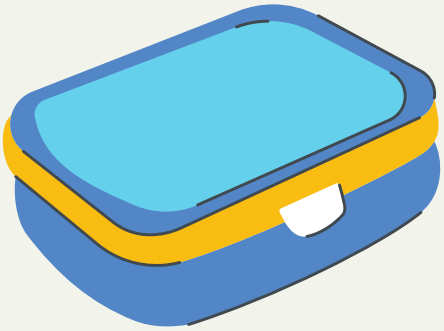
Signed:

SEABIN FOUNDATION FOR CLEANER OCEANS

Avoide plastic packaging by shopping at farmers markets, bulk stores or avoiding items wrapped in plastic in supermarkets.

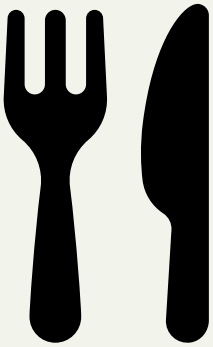
Plastic takes 20 to 500 years to decompose and never fully goes away! Be mindful of what you are purchasing and its impact.

Use reusable

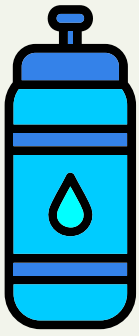


Containers

Wrap



Cutlery



Water Bottle

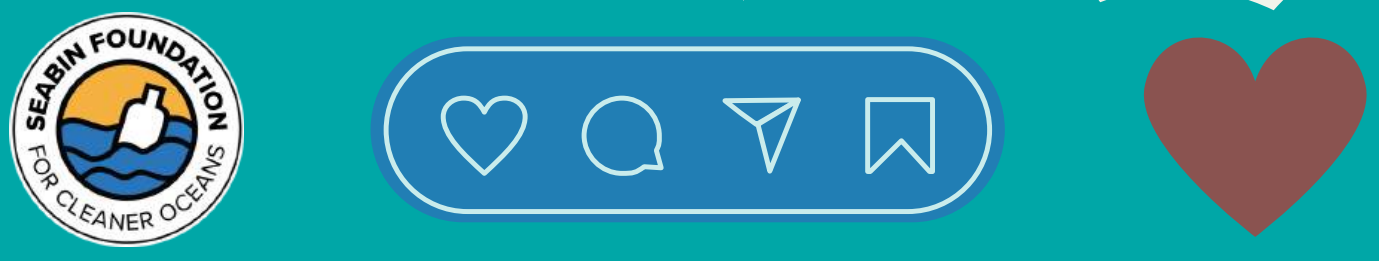
Straw

Research why plastic is bad for both our environment and human health!

Often individually packaged snacks are more expensive than buying in bulk or making it yourself at home. Cutting plastic out of your lunchbox can help you save money and make healthier choices!

Thank you for joining the Plastic-Free Lunchbox Challenge!

Please share your journey with us by tagging us on our socials!



My Plastic-Free Lunch

SEABIN FOUNDATION
FOR CLEANER OCEANS

My Plastic-Free Lunch

SEABIN FOUNDATION
FOR CLEANER OCEANS

My Plastic-Free Lunch

SEABIN FOUNDATION
FOR CLEANER OCEANS

Blog Article Available: www.seabinfoundation.org

WELCOME TO THE WASTE-FREE LUNCHBOX CHALLENGE!

Are you ready to take the challenge?

It’s time to rethink how we pack our lunches and reduce our reliance on single-use plastics. The **Plastic-Free Lunch Box Challenge** encourages you to create a sustainable, eco-friendly lunch every day with tips and ideas to help you make good habits for life. It’s a simple, fun way to make a big difference and help reduce plastic pollution.

At **Seabin Foundation**, we’re committed to a cleaner ocean and a healthier planet. By swapping out plastic waste from your lunch routine, you’re contributing to a more sustainable future.

HOW TO TAKE THE PLASTIC-FREE LUNCH BOX CHALLENGE

Swap Plastic Containers for Reusable Ones! Stop using single-use plastic containers and replace them with reusable alternatives like glass or stainless steel. Ensure they're airtight and leak-proof to keep your food fresh!

Cut out plastic wrap. Opt for beeswax wraps or fabric pouches to wrap sandwiches, snacks, or fruits. They are reusable and an excellent eco-friendly option for keeping your food secure.

Ditch the Plastic Cutlery, say goodbye to plastic spoons, forks, and knives! Swap them for reusable options like bamboo, metal, or travel-friendly utensils that you can carry with you every day.

Choose Eco-Friendly Bags for Snacks. Swap plastic snack bags for reusable silicone bags, fabric pouches, or small containers. You can store crackers, nuts, fruits, and veggies while reducing your environmental footprint.

I**nvest in a Reusable Water Bottle!** Skip bottled water and invest in a high-quality reusable water bottle. Stainless steel or aluminium options are durable, keep your drink at the perfect temperature, and are far better for the planet and your health!

Avoid Single-Use Straws. If you need a straw, choose a reusable one made of metal, silicone, or bamboo. Keep it in your bag for those moments when you're on the go and need a sustainable alternative.

Pack Your Own Homemade Meals. Instead of buying pre-packaged snacks or meals that come with excessive plastic, try preparing your lunch at home. Not only will you reduce waste, but you'll also be able to enjoy healthier, more affordable meals.

Share Your Journey! Document your plastic-free lunch experience and share it on social media. Tag Seabin Foundation to inspire others and encourage them to join the challenge. Every action, no matter how small, contributes to reducing plastic waste!

WHY SHOULD YOU PARTICIPATE?

Plastic waste is one of the biggest threats to our oceans and ecosystems.

By taking part in this challenge, you're reducing the amount of single-use plastic that ends up in landfills and waterways.

The cumulative effect of small, everyday choices can make a huge impact in the fight against plastic pollution.

TAKE THE CHALLENGE

Are you ready to pack a plastic-free lunch?

Share your results with us and encourage others to join the movement!