



## Ocean Wise Lunch Box Challenge Instructions

### Week 1:

1. Once you sign up for the Lunch Box Challenge, make or buy your lunch exactly as you normally would each day. If you make your lunch and you finish off a product (for example, you take the last Oreo or juice box), note down the packaging in the tracking sheet you've received by email. Check the 'Plastic Packaging Definitions and Examples' document to know which category your waste belongs to.
2. After eating lunch each day, add all the waste you created in the tracking sheet (add it together with the waste you created while making your lunch). Again, check the Plastic Packaging Definitions and Examples document to know which category your waste belongs to.
3. On Friday afternoon, you've now counted five lunches worth of waste. Check the Lunch Box Challenge sign-up email you received for the link to submit your data for Week 1. Fill out the online form, which will ask you to enter the numbers you recorded in your Week 1 Waste table.

### Week 2:

1. After submitting your data from Week 1, you will get a Plastic Swaps document via email. Use this document to find sustainable swaps for the plastic items you created in your lunch last week. Each day this week while making or buying your lunch, implement the swaps you've chosen.
2. Follow the same steps as Week 1 (note down the waste you've created in your lunch in your tracking sheet).
3. By Friday afternoon, you've again written down five lunches worth of garbage. You'll get a link by email to submit your data for Week 2. Fill out the online form and see how much plastic you reduced from your lunch box by using your swaps in Week 2!

For further consideration and discussion, answer the reflection questions located on the Lunch Box Challenge website.