



## Ocean Wise Lunch Box Challenge Reflection Questions

- What were your top plastic items from your lunch?
- How much plastic waste did you reduce from Week 1 to Week 2? (Compare the totals from Week 1 Waste and Week 2 Waste)
- What swaps were you already doing before this challenge?
- What plastic swaps did you choose to implement in Week 2? Which ones were the easiest to implement? Which ones were the hardest to implement?
- What swaps will you continue to use in your everyday life?
- Where do you create plastic waste in your life outside of meals and food? How can you use what you've learned to reduce waste in these contexts?
- BONUS QUESTION: What TYPES of plastic did you find in your lunch, either in Week 1 or Week 2? Look for recycling logos or numbers to help you identify the kind of plastic it is. Are those kinds of plastics recyclable where you live?