

This is the first in a series of weekly columns that you can expect from the sustainability committee. The purpose is to inform you of sustainability issues at Bertschi and in the greater community. Hopefully you will find it useful and informative.

My family and some of my friends sometimes like to roll their eyes at me when I talk about the environment. Probably some of the parents at Bertschi also are rolling their eyes at the thought of packing a waste free lunch. It is hard enough packing lunch for one or more kids in the morning I know!!! But do you know about the impact of lunch garbage?

Did you know that it takes **1,000** years for a plastic bag to decompose? Or that one child generates an average of **1,000** pounds of lunch garbage a year? Think about the impact that we could have on the world by eliminating or even reducing our lunch garbage.

This is one of the reasons why Bertschi has committed to sustainability and Waste Free Wednesdays. Not only do we have a positive impact on the earth, but we also teach our kids about preserving it.

Packing a waste free lunch is really not that hard. Instead of plastic bags, you use reusable containers. Instead of packing a paper napkin, use an old cloth one, etc.

Here are some product ideas with reusable containers:

- Sigg water bottles made from durable aluminum are reusable. www.mysig.com
- Stainless steel food jars for keeping things hot, www.thermos.com
- Wrap-N-Mat – a reusable sandwich bag and placemat, www.wrap-n-mat.com
- Laptop lunches – bento box style lunchbox with reusable containers, www.laptoplunches.com
- Lead-free and recycled lunch bags at www.reusablebags.com

So, that being said, please pack a waste free lunch for your child(ren) next Wednesday! Let me know if you have questions or thoughts about it.

Kim Armstrong (sustainability)