

Let's Do Lunch!

How to pack a waste-free lunch
for your East Bay Regional Park field trip.



Did you know?

One school age child may generate an average of 67 pounds of lunchtime waste per year! Every single piece of packaging or excess food that we eliminate from the waste stream makes a difference. Let's do our part!

Packing a waste-free lunch is easy, fun, and good for the environment. Here are some ideas to get you started:

Do:

- Pack food in a lunch box or reusable lunch sack.
- Use reusable containers for food and drinks.
- Pack a cloth napkin instead of a paper napkin.
- Include food that comes in its own natural wrappings such as bananas, oranges, apples, and hard-boiled eggs.

Avoid:

- Plastic wrap, foil, disposable bags, single-use cartons, napkins, and disposable utensils.
- Prepackaged lunches.

More tips:

- Pack lunches the night before your trip.
- Make extra food for dinner and use leftovers for lunch.
- Invite children to help plan, prepare, and pack their own lunches.
- Teach children to place recyclables in the recycling bin.
- Label your containers with your child's name.
- Take leftover food back with you and place it into a green waste bin at school or at home.
- Teachers: contact the visitor center before the field trip to learn if they can compost your school's lunch waste.
- Students: tell your parents what you know about waste-free lunches.

Teachers: Please consider passing on this information before the field trip to parents and students.

Source: "Waste-Free Lunches: A Lesson in Environmental Stewardship", *Green Teacher* 74, pp. 17 – 22, Amy Hemmet, 2004.

Visitor Centers and More

The Park District has visitor centers and other parks with dedicated naturalists and recreation staff.
General information: 1-888-EBPARKS or 1-888-327-2757 or www.ebparks.org

Ardenwood Historic Farm

34600 Ardenwood Boulevard
(Ardenwood Boulevard exit off Highway 84)
Fremont, CA 94555-3645
(510) 796-0199
Email: awvisit@ebparks.org

**Black Diamond Mines
Regional Preserve**

5175 Somersville Road
(Somersville Road exit off Highway 4)
Antioch, CA 94509
(925) 757-2620
Email: bdvisit@ebparks.org

Coyote Hills Regional Park

8000 Patterson Ranch Road
(Paseo Padre exit off Highway 84)
Fremont, CA 94555-3502
(510) 795-9385
Email: chvisit@ebparks.org

Crab Cove Visitor Center

1252 McKay Avenue
Alameda, CA 94501-7805
(Take the Webster Tube from I-880
in Oakland)
(510) 521-6887
Email: ccove@ebparks.org

Garin Regional Park

1320 Garin Avenue
(Off Mission Boulevard/Highway 238)
Hayward, CA 94544-6822
(510) 795-9385

Middle Harbor Shoreline Park

2777 Middle Harbor Rd. Oakland 94607
(Near 7th Street and Middle Harbor Road)
(510) 272-4802
Email: treinertson@ebparks.org

Sunol-Ohlone Regional Wilderness

P.O. Box 82 (on Geary Road)
(Calaveras Road exit off I-680; left on Geary Road)
Sunol, CA 94586
(925) 862-2601
Email: svisit@ebparks.org

Tilden, Botanic Garden

Tilden Regional Park
(Intersection of Wildcat Canyon Road
and South Park Drive)
Berkeley, CA 94708
(510) 841-8732

Tilden Nature Area

Environmental Education Center (EEC)

Tilden Regional Park
600 Canon Drive
(North end of Central Park Drive)
Berkeley, CA 94708
(510) 525-2233
Email: tnarea@ebparks.org

Recreation Department:

recreation@ebparks.org
(510) 530-8241

