



Green Ideas

eSafetyLine Green Lunches

“Going green” is all the rage and many people are looking for ways to do their part. This greening of America and the planet, for that matter, has become so widespread it is reaching and changing many jobsites. The changes may be as subtle as providing recycling bins for plastics and paper to more aggressive changes like switching over to compact fluorescent light bulbs and using eco-friendly paints.

When hearing about this “greening” process, whether at work or by watching TV, reading the paper or magazines, it can seem overwhelming and costly to do your part. There is one simple way to pitch in that many may already do” Pack your lunch! Not only is this a healthier alternative for the planet it can be for you as well. Packing a waste-free lunch may cost a bit more at the beginning to get things set up but will end up saving money in the long run.

Tips for packing a waste-free lunch:

- Use recyclable containers like Rubbermaid or Thermos. When you bring them home they can be washed and used the next day. Avoid using “one time” packaging like plastic bags and wrap, aluminum foil and prepackaged foods. This includes the use of a reusable lunchbox instead of a paper or plastic bag.
- Sturdy containers like Rubbermaid prevent squishing of sandwiches and other soft food.
- Use a refillable drink bottle whenever possible. Although water, milk and many juices come in single-use plastic bottles, a greener choice would be a made-to-last bottle instead. There are many materials to choose from that all have pros and cons. The better choices for both the environment and your

health are glass, stainless steel and aluminum. Although glass is probably the best choice for taste and recycling ability, it tends to be heavy and obviously easy to break. Aluminum bottles are recyclable, long-lasting and light but they can also add an unpleasant taste to your drink. Stainless steel bottles are light weight and will last a lifetime. Many come with a sleeve that helps to keep your drink cool. It also will not affect the taste of your drink.

- Include a cloth napkin and reusable utensils. This not only increases your lunch's "greenness" it is a money saver as well. Both the napkin and utensils can be washed and reused without a lot of effort.

Homemade lunches are not only more nutritious (and probably better tasting) than the prepackaged or fast-food variety, they also tend to cost less as well. By bringing a "green" lunch, you're not only helping the environment but your wallet as well. It's also a great use for leftovers from dinner!

Discussion Questions

Why is stainless steel a better choice for a reusable drink bottle?

Why might packing a lunch cost more at the beginning?

MEETING / TRAINING ATTENDANCE ROSTER

COMPANY: _____

_____ SAFETY MEETING

JOB/DEPT: _____

_____ SAFETY TRAINING

DATE: ____/____/____

TIME: _____

TOPICS ADDRESSED: _____

EMPLOYEE'S SIGNATURES

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

EMPLOYEE SUGGESTIONS AND RECOMMENDATIONS: _____

ACTION TAKEN: _____

Supervisor's Signature

____/____/____
Date

Safety Coordinator's Signature

____/____/____
Date