

Get ready for the next national

# Plastic Free Lunch Day

## November 8, 2023



Free Resources  
[PlasticFreeLunch.org](http://PlasticFreeLunch.org)



Creating a Plastic Free Culture



Will you join us and be **PLASTIC FREE** in your school too?

Cafeteria Culture and Urban School Food Alliance (USFA) invite you to join New York City and USFA members—eighteen of the nation's largest school districts—for Plastic Free Lunch Day USA!

Schools everywhere are invited to participate by leading any plastic free lunch action on November 8, 2023.

Plastic Free Lunch Day (PFLD) was started by fifty-six PS 15 fifth-graders in Red Hook Brooklyn, as portrayed in Cafeteria Culture's award winning, student-led movie, Microplastic Madness.

## What is Plastic Free Lunch Day?

- A day when school lunch is prepared without plastic!
- An action day to reduce as much plastic as possible.
- A way to protect the environment and student health.
- Provide a glimpse of a plastic-free school cafeteria future.
- Connect with students everywhere, who are taking climate action in their cafeteria.

## Why Plastic Free Lunch Day?

- School cafeterias serve over 7 billion meals per year
- School meals are loaded with single-use plastics
- Less than 9% of plastic is recycled
- Most plastic ends up in a landfill or the environment
- Plastic does not biodegrade; it fragments into tiny pieces called microplastics, then nanoplastics
- Microplastics are in our oceans, soil and air
- Scientists have found microplastics in our lungs, liver, digestive tract, and blood.
- We are all eating and breathing plastic.



K-12 teachers, host a free movie screening

## Get ready with a free movie screening



[www.PlasticFreeLunch.org](http://www.PlasticFreeLunch.org)

