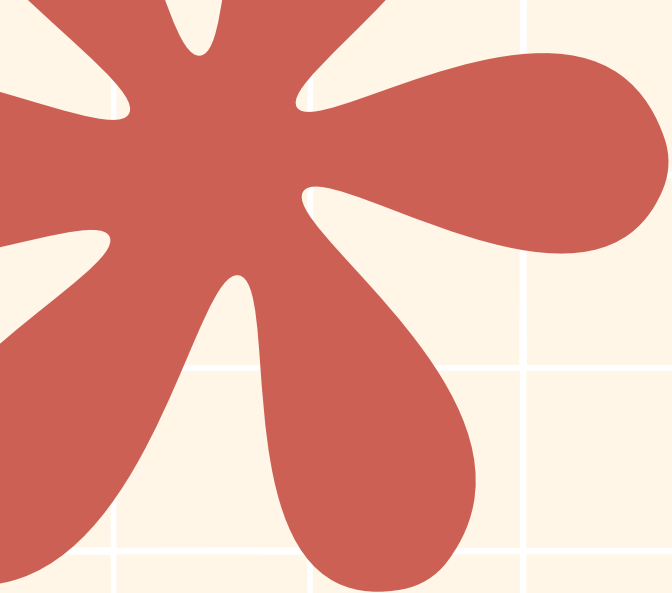
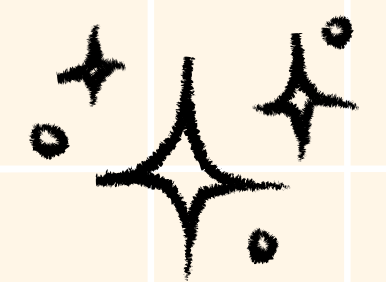
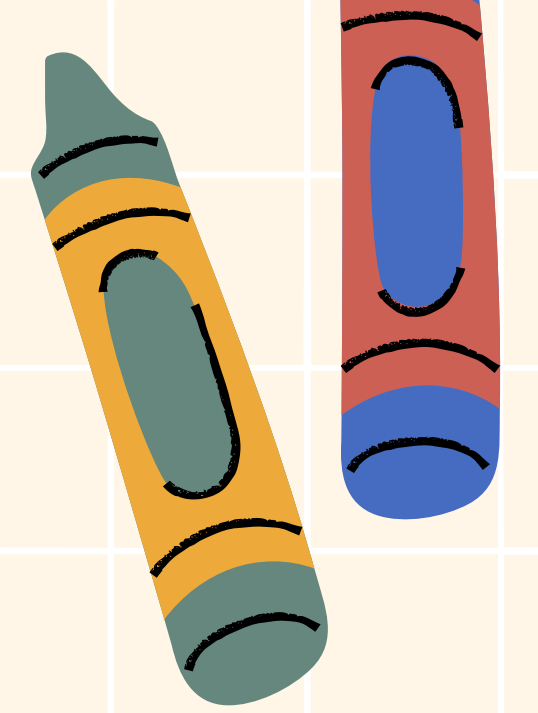


BACK TO SCHOOL!



**Think Outside the (Lunch) Box:
Tips for Packing a Healthier School Lunch**



Presented by:
The Proposition 65 Implementation Team



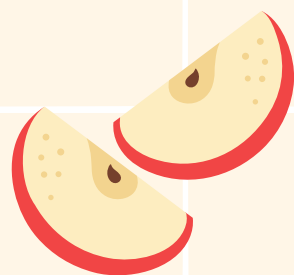
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Fresh is Best!

Plastic food packaging can contain harmful chemicals, such as bisphenol A (BPA) and phthalates, which are on the Proposition 65 list.

Avoid these harmful chemicals in your food by choosing fresh produce. Save money by purchasing in-season produce or visiting your local farmers' market.

Want more tips about healthy food choices?
Check out our fact sheet on Foods and Beverages.



Stay Hydrated!

Some plastic water bottles contain BPA. Ditch plastic water bottles and invest in a stainless-steel bottle.

A high-quality bottle is hard to break, easy to wash, and can last for years. Plus, these bottles can be surprisingly affordable.



Go Natural!

Some plastic back-to-school items, like lunch boxes, pencil cases, and backpacks, can contain phthalates. Other items, like plastic utensils and food storage containers, can contain BPA.

Replace plastic gear and invest in items made from natural fibers, such as cotton, canvas, wicker, jute, hemp, and bamboo. These durable materials require less frequent replacement, leading to long-term savings.



Beeswax Wraps



Bamboo Utensils



Cotton Tote Bag



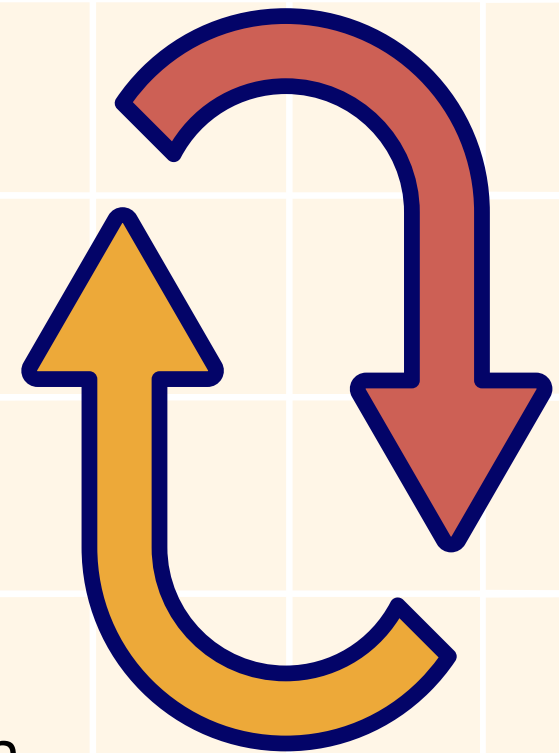
Canvas Backpack



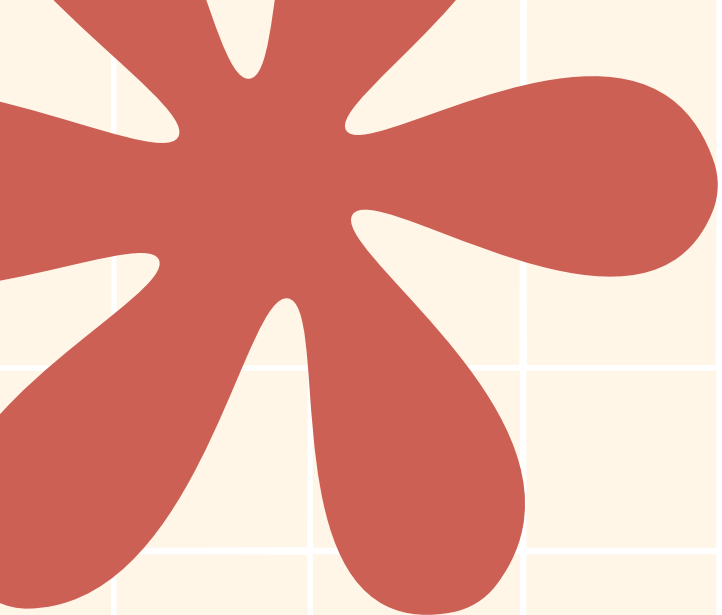
Start with One Swap!

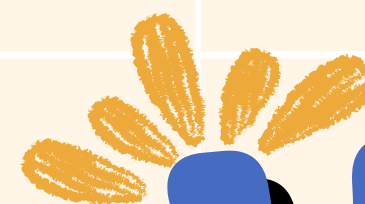
Changing everyday habits is hard.

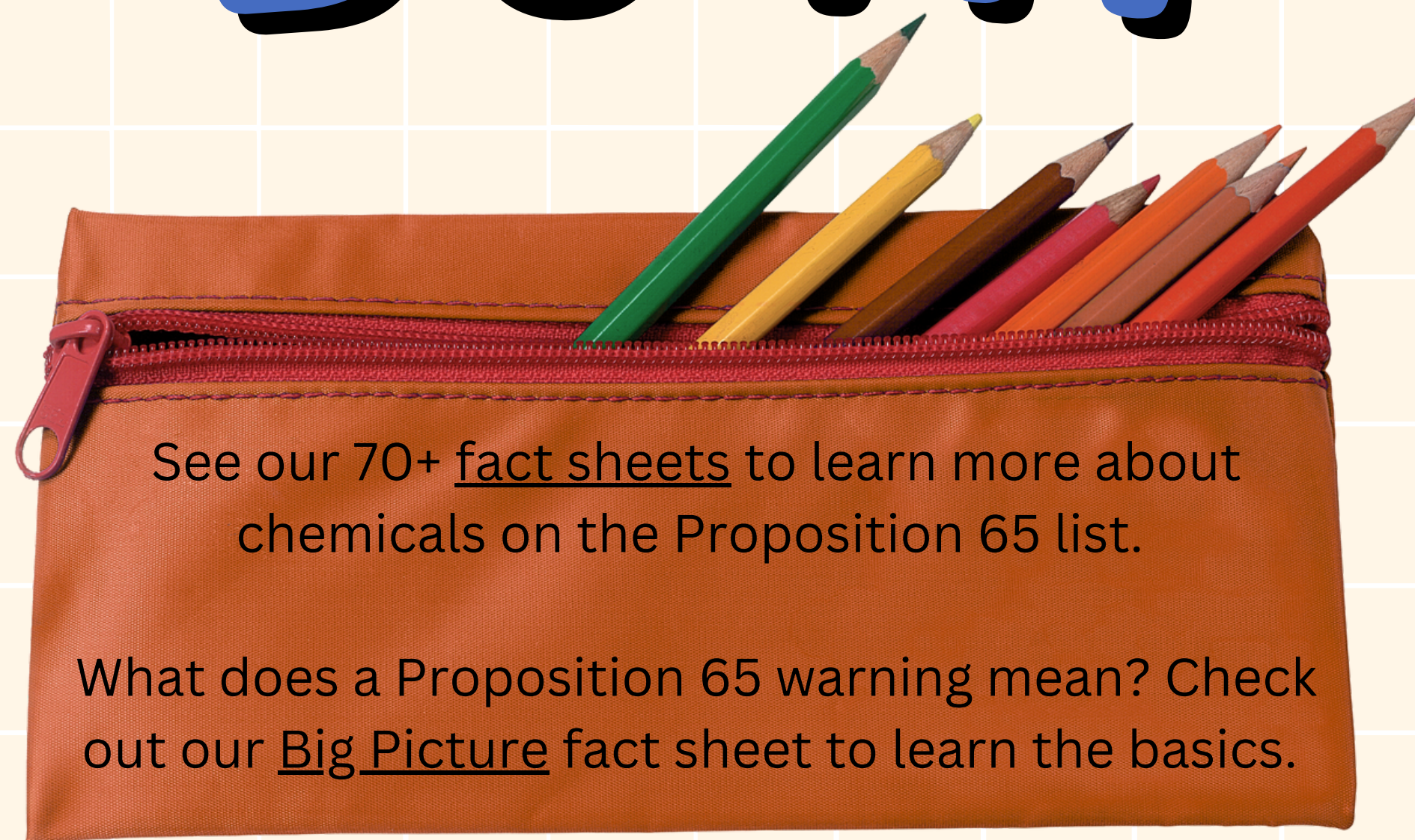
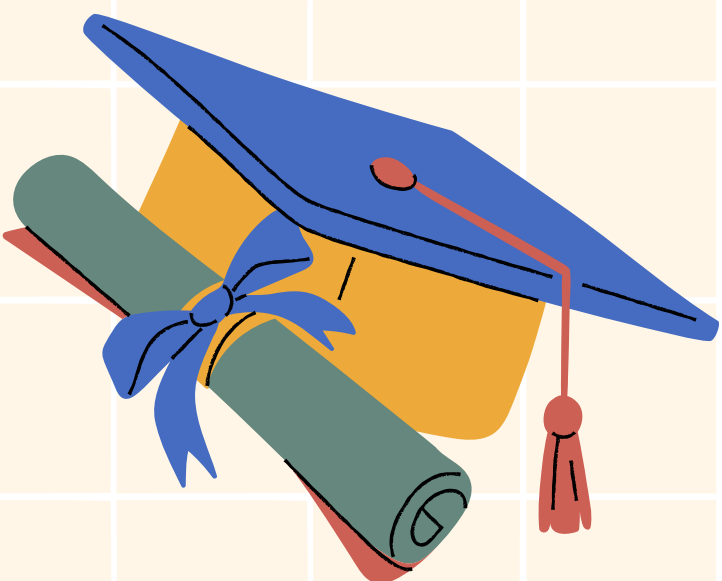
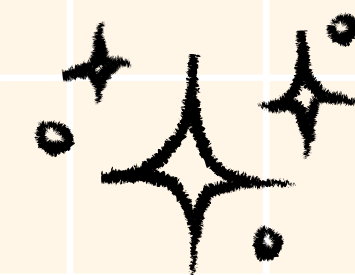
Even one substitution can make a difference in reducing your exposure to toxic chemicals.



**Healthier choices pave the way for a
healthier future, for kids and adults alike!**



 **YOU CAN
DO IT!**



See our 70+ fact sheets to learn more about chemicals on the Proposition 65 list.

What does a Proposition 65 warning mean? Check out our Big Picture fact sheet to learn the basics.



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