

Packaging Worksheet

Name: _____



A	B	C	D	E	F	G	H
Item From Lunch	Weight Before Eating (Product and Packaging)	Weight After Eating (Packaging)	Packaging %	Packaging Reusable?	Packaging Compostable?	Packaging Recyclable?	Total Amount of Trash That COULD Have Been Avoided
1. Example: Banana	170 g	28 g	16%		✓		28 g
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
Totals							