



News Release

For Immediate Release

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Media Contact: Robert Kravitz

AlturaSolutions Communications

Telephone: 773-525-3021

E-mail: rkravitz@rcn.com

The Waste-Free Lunch

U.S. Citizens Discard About 2.5 Million Plastic Bottles

And Forks Every Hour

Bloomington, IN - April 21, 2010 -The downturn in the economy has forced many of us to watch our expenses. One way that some have been able to save money is by bringing lunch to work instead of eating out.

However, many people are surprised to learn that if we are not careful, the few bucks we save on lunch can be very costly to the environment and negatively impact sustainability.

For instance, many of us pack our lunches in paper bags and toss in a paper napkin or two as well. What you may not know is that these items are often made from nonrecycled materials. In fact, for every ton of paper bags and napkins that is manufactured, approximately 17 trees are cut down.

If you include a plastic bottle or fork with your lunch, just keep in mind that U.S. citizens discard about 2.5 million plastic bottles and forks *every hour*. Most of these end up in landfills, where they may take decades to disintegrate.

So how can you make your sack lunch more sustainable and waste-free?

According to Cynthia Schultz, CEO of [Sustainable Tools, LLC](#), some very simple suggestions can make a big difference:

- Use a reusable lunch carrier.
- Use reusable containers and avoid all use of plastic, plastic wrap, foil, or Styrofoam.
- Use a thermos for drinks rather than cans or bottles.
- Bring a washable cloth napkin and silverware; it makes lunch more elegant as well as Greener!

Schultz also encourages consumers to avoid letting any part of their lunch go to waste, including apple cores, banana and orange peels, and cherry and peach pits. “When food debris is deposited in landfills, it can take years

to disintegrate,” she says. “Instead of disposing of it, turn it into mulch for either the home or office.”

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Stephen Ashkin is available for interviews, presentations, and commentary on Green Cleaning–related issues, sustainable buildings, industry trends, and facility management. He can be reached by calling (812) 332-7950.

About Sustainability Dashboard Tools, LLC

Sustainability Dashboard Tools, LLC, has created new software technology designed specifically for cleaning professionals. The company’s CEO is Stephen Ashkin, President of The Ashkin Group and Executive Director of the Green Cleaning Network; its COO is Cynthia Schultz.

Sustainability Dashboard Tools' software allows users to measure the natural resources their businesses use and the greenhouse gas emissions they generate. Armed with this information, businesses can make commonsense changes that reduce their impact on the environment. Such changes save businesses money and make them more efficient and competitive while also benefiting their facilities, employees, and local community as well as the environment.

Contact Information:

Web site: <http://www.green2sustainable.com/>

Stephen Ashkin

Chief Executive Officer

Phone: (812) 332-7950

Email: SteveAshkin@green2sustainable.com

or

Cynthia Schultz

Chief Operating Officer

Phone: (812) 345-4353

Email: cschultz@green2sustainable.com