

...Zero waste toolkit for Snacks



1 Fresh Fruit:

Enjoy a variety of fresh fruits like apples, bananas, oranges, grapes, or berries. They come in their own natural packaging and are easy to eat on the go.

2 Nuts and Seeds:

Snack on a mix of nuts and seeds like almonds, walnuts, pumpkin seeds, or sunflower seeds. Buy them in bulk to reduce packaging waste.

3 Popcorn:

Make your own popcorn using a stovetop or an air popper. Avoid pre-packaged microwave popcorn, as it often comes with excess packaging.

4 Veggie Sticks and Hummus:

Slice up fresh vegetables such as carrots, cucumbers, celery, or bell peppers and pair them with homemade or store-bought hummus.

5 Trail Mix:

Create your own trail mix with a combination of dried fruits, nuts, seeds, and maybe some dark chocolate or coconut flakes. Store it in a reusable container for easy snacking.

6 Homemade Energy Balls:

Make homemade energy balls using ingredients like dates, nuts, seeds, and cocoa powder. Roll them into bite-sized balls and store them in a reusable container.

7 Yogurt with Toppings:

Enjoy plain yogurt or plant-based alternatives and add your favorite toppings like fresh fruit, granola, or a drizzle of honey.

8 Rice Cakes or Crackers:

Choose rice cakes or whole-grain crackers as a crunchy and satisfying snack. Look for brands with minimal packaging or consider making your own.

9 Cheese and Whole Grain Bread:

Pair slices of your favorite cheese with whole grain bread or crackers for a simple and satisfying snack.

10 Smoothies:

Blend together a combination of fresh or frozen fruits, leafy greens, and your choice of milk or yogurt for a refreshing and nutritious snack.

Remember to bring your snacks in reusable containers or cloth bags to avoid single-use packaging and reduce waste. Enjoy these zero waste snack options guilt-free while promoting sustainability and mindful snacking habits.

