



WEEKLY DETOX SERIES

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# EMPTYING YOUR LUNCH BAG

THIS WEEK WE TAKE A LOOK  
IN YOUR BAG & BREAK  
DOWN THE HIDDEN TOXINS  
AND OFFER YOU SOME  
HEALTHIER ALTERNATIVES.

BEACHES GO GREEN 2.0



HEALTHY PLANET  
HEALTHY YOU

# Protect *yourself & the planet*

YOUR DAILY LUNCH BAG MIGHT BE FILLED WITH SNACKS AND SANDWICHES, BUT IT COULD ALSO BE HIDING TOXIC CHEMICALS THAT HARM YOUR HEALTH AND THE ENVIRONMENT. FROM SINGLE-USE PLASTIC BAGGIES AND JUICE POUCHES TO DISPOSABLE UTENSILS AND SYNTHETIC FOOD CONTAINERS, MANY LUNCHTIME STAPLES ARE MADE FROM MATERIALS THAT LEACH MICROPLASTICS AND HARMFUL CHEMICALS.

THIS LUNCH BAG DETOX REVEALS THE MOST COMMON TOXIC OFFENDERS AND OFFERS SAFER, SUSTAINABLE SWAPS — SO YOU CAN PACK A LUNCH THAT'S BETTER FOR YOUR BODY AND THE PLANET.



**BEACHES GO GREEN 2.0**



**HEALTHY PLANET  
HEALTHY YOU**



# *The Biggest Offenders*

& simple swaps to protect you and the planet



**VINYL OR  
PLASTIC  
COATED  
LUNCH BOX**



**STAINLESS  
STEEL OR  
COTTON  
LUNCH BOX**



**SINGLE-USE  
PLASTIC  
WATER  
BOTTLE**



**STAINLESS  
STEEL WATER  
BOTTLE**



**JUICE BOXES  
& JUICE  
POUCHES**



**ORGANIC  
JUICE IN  
REUSABLE  
BOTTLE**



**SINGLE-  
SERVING  
SNACKS**



**BUYING  
SNACKS IN  
BULK &  
PACKING IN  
REUSABLE  
BAGS**



**FOOD  
WRAPPED &  
STORED IN  
PLASTIC**



**STAINLESS  
STEEL,  
BAMBOO OR  
BEESWAX  
CONTAINERS**



**ULTRA  
PROCESSED  
FOODS**



**ORGANIC &  
WHOLE  
FOODS**





# *Let's Unpack*

the hidden toxins



## **LUNCH BAGS (VINYL OR PLASTIC-COATED)**

**TOXINS:** PVC, PHTHALATES, BPA, LEAD

- **HUMAN IMPACT:** HORMONE DISRUPTION, SKIN IRRITATION, LONG-TERM DEVELOPMENTAL EFFECTS (ESPECIALLY IN CHILDREN)
- **ENVIRONMENTAL IMPACT:** NOT RECYCLABLE, RELEASES MICROPLASTICS, OFF-GASES VOCs

## **JUICE BOXES & POUCHES**

**TOXINS:** ALUMINUM-PLASTIC LAMINATE, SYNTHETIC DYES, PRESERVATIVES

- **HUMAN IMPACT:** POSSIBLE HEAVY METAL EXPOSURE, BEHAVIORAL CONCERNS LINKED TO FOOD DYES
- **ENVIRONMENTAL IMPACT:** NON-RECYCLABLE, CONTRIBUTES TO LANDFILL WASTE AND OCEAN LITTER



# *Let's Unpack*

the hidden toxins



## **SINGLE-USE WATER BOTTLES**

**TOXINS:** BPA, PHTHALATES, ANTIMONY

- **HUMAN IMPACT:** HORMONE DISRUPTION, ESPECIALLY WHEN BOTTLES ARE REUSED OR HEATED
- **ENVIRONMENTAL IMPACT:** MAJOR CONTRIBUTOR TO PLASTIC POLLUTION, RARELY RECYCLED PROPERLY, PERSISTS IN THE ENVIRONMENT FOR HUNDREDS OF YEARS

## **SINGLE-USE SNACKS (INDIVIDUALLY WRAPPED CHIPS, COOKIES, BARS)**

**TOXINS:** SYNTHETIC PRESERVATIVES, ARTIFICIAL COLORS, PLASTIC PACKAGING (OFTEN MULTILAYERED, NON-RECYCLABLE)

- **HUMAN IMPACT:** POTENTIAL LINKS TO HYPERACTIVITY, ENDOCRINE DISRUPTION, EXCESS SUGAR AND SODIUM INTAKE
- **ENVIRONMENTAL IMPACT:** SIGNIFICANT PACKAGING WASTE, NON-RECYCLABLE PLASTICS POLLUTE LANDFILLS AND OCEANS

## **PLASTIC FOOD CONTAINERS (ESPECIALLY OLD OR SCRATCHED)**

**TOXINS:** BPA, BPS, PHTHALATES

- **HUMAN IMPACT:** ENDOCRINE DISRUPTION, LEACHING INCREASES WITH HEAT/MICROWAVING
- **ENVIRONMENTAL IMPACT:** PERSISTENT PLASTIC WASTE, BREAKS DOWN INTO MICROPLASTICS

## **PROCESSED FOODS (PACKAGED LUNCHABLES, SNACK CAKES, MEAT STICKS)**

**TOXINS:** ARTIFICIAL PRESERVATIVES (E.G. BHA, BHT), SYNTHETIC DYES, NITRATES/NITRITES, FLAVOR ENHANCERS (MSG)

- **HUMAN IMPACT:** LINKED TO HYPERACTIVITY, HORMONAL IMBALANCE, INCREASED RISK OF OBESITY, HEART DISEASE, AND CERTAIN CANCERS
- **ENVIRONMENTAL IMPACT:** EXCESSIVE PACKAGING WASTE (OFTEN NON-RECYCLABLE), ENERGY-INTENSIVE PRODUCTION, CONTRIBUTES TO LANDFILL OVERLOAD

# Repack to protect:

*Essentials That Honor Your  
Health & the Planet*



## **LUNCH BOX**

STAINLESS STEEL LUNCH BOXES  
& REUSABLE COTTON LUNCH  
BAGS.

## **REUSABLE, PLASTIC FREE CONTAINERS**

SILICONE SNACK BAGS, GLASS  
CONTAINERS, BEESWAX WRAPS  
SAFER FOR FOOD, SAFER FOR  
THE PLANET—NO LEACHING  
PLASTICS OR LANDFILL WASTE.

## **WATERBOTTLE**

REFILLABLE STAINLESS STEEL OR  
BPA-FREE REUSABLE WATER  
BOTTLES

CHOOSE INSULATED OPTIONS TO  
KEEP DRINKS COLD ALL DAY  
WITHOUT LEACHING CHEMICALS

## **BULK SNACKS**

BUY SNACKS IN BULK AND  
PORTION THEM INTO REUSABLE  
CONTAINERS OR SILICONE  
SNACK BAGS

REDUCE PLASTIC WASTE AND  
SAVE MONEY WITH LOW-WASTE  
SNACK PREP.

## **WHOLE FOODS**

FRESH, WHOLE FOODS IN  
REUSABLE CONTAINERS—LIKE  
CUT VEGGIES, FRUIT, NUTS,  
CHEESE, OR HOMEMADE SNACKS

SKIP THE ARTIFICIAL  
INGREDIENTS AND EXCESS  
PACKAGING IN FAVOR OF REAL,  
NUTRIENT-RICH OPTIONS.

## **BEVERAGES**

REUSABLE DRINK BOTTLES  
FILLED WITH FILTERED WATER OR  
HOMEMADE JUICE

DITCH THE SINGLE-USE  
PACKAGING AND SUGARY  
DRINKS.