

## 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

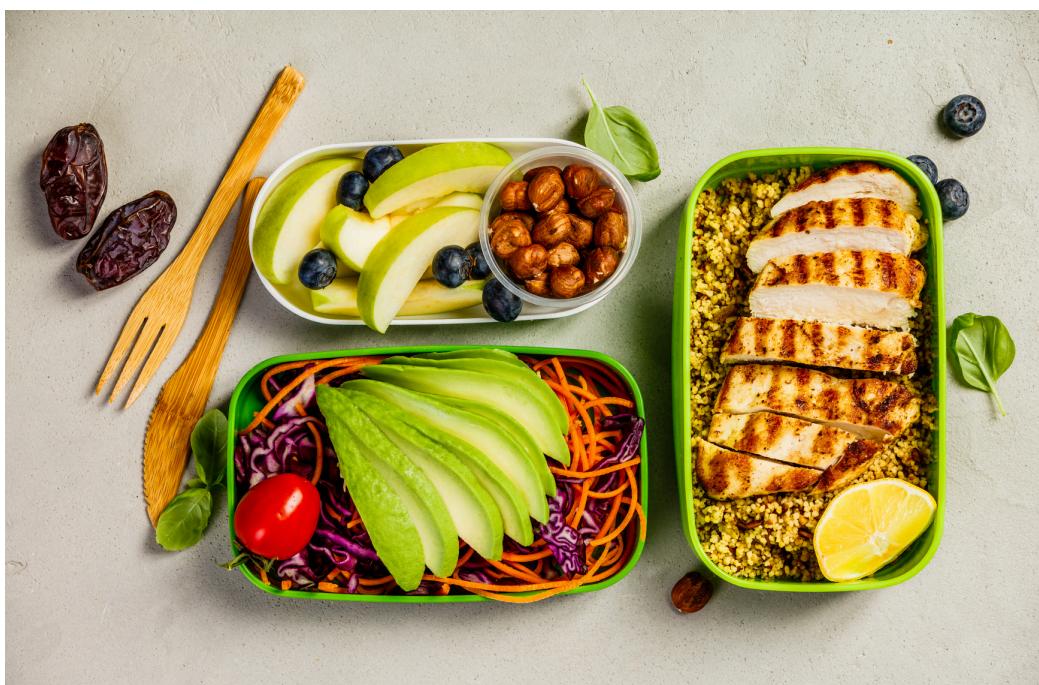


HEALTHY PLANET  
HEALTHY YOU

# 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

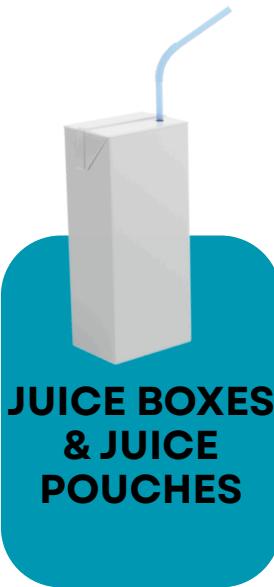


HEALTHY PLANET  
HEALTHY YOU



# The Biggest Offenders

& simple swaps to protect you and the planet





# 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

# Rewrap 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.