



# Welcome

## Plastic-Free Day Tuesday 3 July

Thank you for joining us for Plastic-Free Day 2018! On Plastic-Free Day people throughout Dorset will be making small changes towards a life with less plastic.

## Your Plastic-Free Challenge:

### Challenge your school to have a Zero Waste Lunch!

Single-use plastics make up about half of the plastic waste produced in the UK. Single-use plastics include things like biscuit wrappers, plastic bottles, straws and crisp packets.... things that we use for a really short time and then become rubbish.

A Zero Waste Lunch is one that uses as little single-use plastic as possible. To go Zero Plastic, everyone will need to think about what they bring to school for lunch, and how it's wrapped.

You might have to do things a bit differently. We've provided some tips to get you thinking about **reusable** containers and **plastic-free alternatives!**

**Every school that takes part receive a certificate and a mention on our Plastic-Free Wall of Fame!**

### Who's it for?

Join in with your class, year group or whole school.

Leading the challenge is a good activity for an Eco-Team, School Council or a Maths club. This is a one-off challenge, but if you enjoy it you could make it a weekly, or even daily activity!

## 4 Steps to a Zero Waste Lunch:

There are 4 steps involved in running a Zero Waste Lunch. See our Step-by-Step Guide for more details.

1. **Find your normal** Measure how much waste there is after a normal lunch
2. **Spread the word** Let everyone know how they can help
3. **Zero Waste Lunch** Hold your Zero Waste Lunch and measure your waste
4. **Celebrate** Let us know how you did so we can celebrate your efforts!

### Your school's pack:

- Zero Waste Lunch Step-by-Step Guide
- Example letter to parents
- Posters
- Recording sheet
- Achievement form

## Further information & Resources

- Plastic Oceans Foundation <http://plasticoceans.org>
- Surfers Against Sewage [www.sas.org.uk/our-work/plastic-pollution/plastic-pollution-facts-figures/](http://www.sas.org.uk/our-work/plastic-pollution/plastic-pollution-facts-figures/)
- Largest beach clean in history [www.youtube.com/watch?v=-iwjv8zbx0s](http://www.youtube.com/watch?v=-iwjv8zbx0s)
- Plastic activities and lesson ideas on the Pod <http://jointhepod.org>
- Kids Against Plastic <http://clearplasticuk.net/plastic-clever-schools>
- Book: 'A Green Lunch' Emma Lynch Phonics Bug Phase 3  
[www.lovereadings4kids.co.uk/book/9781408260296/isbn/A-A-Green-Lunch-Bug-Club-Phonics-Bug-Non-fiction-Set-10-A-Green-Lunch-Non-Fiction-by-Emma-Lynch.html](http://www.lovereadings4kids.co.uk/book/9781408260296/isbn/A-A-Green-Lunch-Bug-Club-Phonics-Bug-Non-fiction-Set-10-A-Green-Lunch-Non-Fiction-by-Emma-Lynch.html)

## Awards

Don't forget you can use your Plastic-Free Day activities towards an Eco-Schools award or Jane Goodall's Roots and Shoots award.



## Litter Free Coast and Sea

Litter Free Coast and Sea has decided to create a Plastic Free Day, with the aim of developing this to be an annual event, looking at promoting, educating and encouraging Dorset to ditch single use plastics and move towards more sustainable alternatives.

This year's theme (2018) is to look at how we can reduce the amount of plastic waste produced during our lunch breaks. We want to start small, increasing the awareness of just how much single use plastic we use and the simple solutions to avoiding these harmful items. We would like you to join us by taking part in a Zero Waste lunch, challenging yourself, business or school to bring your own or supply a zero waste lunch that creates as little single use plastic waste as possible.

### A little bit about Litter Free Coast and Sea

There are a multitude of reasons why clean beaches are important to Dorset and East Devon. Not only do they support a healthy environment on land and in the sea, they also create thriving places to live, work and visit, which is why we have some of the best beaches in the UK and a vibrant economy. Our public polling discovered that 87% of people thought that beach users had a responsibility to keep beaches clean and litter free. Through our projects, community beach care groups and campaigns we look to engage everyone who uses the Dorset and East Devon coast, taking a shared approach to:

- Empower local people, businesses and communities to take action to reduce beach litter and improve bathing water quality.
- Encourage people to get involved with the campaign, supporting projects that get people interested.
- Educate about the impact of litter and water quality across all age groups.
- Promote positive solutions and share our successes, results and research.

# Zero Waste Lunch

## Step-by-Step Guide

### Step 1: Find your Normal

On a normal lunchtime before Plastic-Free day (we suggest doing it the week before):

- Collect together all the waste left over after lunch. Don't forget to ask the school kitchen for any plastic packaging used in meal preparation.
- Choose a method of quantifying or measuring the waste; you might want to **weigh** it, **count** the number of items or **take a photograph** of it all together.
- Record the amount of waste on the Recording Sheet

➔ This is your normal waste usage. Now your challenge is to reduce it for Plastic-Free Day!

#### ? Think about....

....how much single-use plastic do your lunches make in a week? A year?

### Step 2: Spread the word

Let everyone know when Plastic-Free day is and what they need to do.

- Send the Parent's Letter and Tips home and upload to your school website
- Print and display the posters around school
- Use the suggested text message to remind parents before the day

You might also:

.....Hold an assembly to explain the challenge

.....Make your own Zero Waste posters by adding your tips to the template provided

.....Have a group discussion in class about what to include in a Zero Waste Lunch and what to avoid

.....Have a 'Plastic-Free Show and Tell' to share ideas

.....Ask your hot lunch provider what they can change (if relevant)

### Step 3: Hold your Zero Waste Lunch

On Tuesday 3 July, have your Zero Waste Lunch and do the same as in step 1:

- Collect together all the waste left over after lunch. Don't forget to ask the school kitchen for any plastic packaging used in meal preparation.
- **Weigh, count** or **photograph** the waste like you did before
- Fill in the recording sheet

### Step 4: Celebrate!

Let us know how you got on.



- Complete the Entry Form and return it to us. We'll send you your Plastic-Free Day certificate and add you to our Wall of Fame

You may also want to:

.....**Interpret** Use your results to make a graph and display it on a noticeboard

.....**Present** the results of your Zero Waste Lunch in an assembly

.....**Report** on the challenge in your newsletter or website so that everyone hears about it

.....**Calculate** How much waste could you save if you had a Zero Waste Lunch every week?

.....**Reflect** Did people eat a healthier lunch on Plastic-Free Day? Which lunch cost more, Zero Waste or normal?

.....**Act** Take some more action to tackle plastic waste. See our Bright Ideas sheet for some inspiration.

### What counts as single-use plastic?

Good question.

**Count** any plastic that won't be used again, whether or not it could be recycled. This will include shrink wrap, cling film, biscuit wrappers, crisp packets, straws, yogurt pots or disposable cutlery.

**Don't** count plastic tubs, pots, bottles, bags or cutlery that will be washed and reused.

## SUGGESTED LETTER TO PARENTS



Dear Parents and Guardians,

### Plastic-Free Day Tuesday 3 July

To celebrate Plastic-Free Day on Tuesday 3 July we are having a Zero Waste Lunch, and would like your help.

As you know, the UK is producing tonnes of plastic waste every year. Half of all plastic waste comes from single-use items like food packaging that are used only once before being thrown away.

We're going to try to make a change. On 3 July, please could you help your child to bring a packed lunch with no (or as little as possible) single-use packaging.

Here are some tips for preparing a Zero Waste lunch. For more ideas, try searching online or start a discussion on our Facebook event page.

1. Plastic alternatives:
  - **Wrap** items in a clean cloth, a waxed food wrap or put them straight into a Tupperware if it's a nice snug fit.
  - **Natural** Go for fruits like satsumas and bananas that have their own natural wrapping
2. Think re-usable:
  - **Drinks** Bring your drink in a reusable bottle rather than cartons or foil pouches
  - **Cutlery** Use metal or hard plastic cutlery that can be washed and used again
  - **Collect** Small containers e.g. from takeaways that you can keep and re-use
3. Reduce packaging, buy in bulk:
  - **Avoid snack packs** Buy raisins, cheese, crisps, biscuits, even yogurt in larger packs and pack a portion in a reusable container
4. If you really want to go to town:
  - **Make** your own snacks at home and bring them in a reusable container
  - **Grow** Bring in fruit or veg you've grown at home – no supermarket packaging!

I hope that you will be able to help us with this project. By doing so you will be helping the environment by reducing plastic waste.

Thank you for your support.

#### SUGGESTED TEXT MESSAGE:

Don't forget! Zero Waste Lunch on 3 July. Please refer to letter for tips on packing plastic-free snacks & lunches. Thank you for your help

Zero Waste Lunch Tues 3 July. Please avoid single-use plastic and packaging in packed lunches. Refer to the parent's letter for tips.

## Posters



Please visit [www.litterfreecoastandsea.co.uk/plastic-free-day-schools](http://www.litterfreecoastandsea.co.uk/plastic-free-day-schools) to download our promotional posters and/or our activity poster.

## Recording Sheet

Please visit [www.litterfreecoastandsea.co.uk/plastic-free-day-schools](http://www.litterfreecoastandsea.co.uk/plastic-free-day-schools) to download our recording sheet.

## Achievement Form

Please visit [www.litterfreecoastandsea.co.uk/plastic-free-day-schools](http://www.litterfreecoastandsea.co.uk/plastic-free-day-schools) to download our achievement form to tell us about your Zero Waste Lunch and we'll send you your certificate and add you to the Plastic Free Wall of Fame.