

# ZERO WASTE LUNCH

**Lunch time at your school could be the best part of the day – and it's certainly an important time to refuel and take a break.**

It's also the part of the school day that creates the most rubbish! The Waste and Resources Action Programme (WRAP) estimates that the average primary school produces 45kg of waste per pupil each academic year.

A lot of the rubbish that school lunches produce is plastic – crisp packets, clingfilm, snack wrappers, yoghurt pots, drink bottles, straws – and food waste.

Whilst some of these things can be recycled, some can't be. Let's find out how we can create less rubbish and still enjoy a tasty lunch!

## WELCOME TO THE ZERO WASTE LUNCH!

Whether your lunch is made and packed at home, bought from a shop, cooked from fresh or grown at home, we want to help you create a Zero Waste lunch.

A Zero Waste lunch minimises the number of single-use items, especially plastic. This means we will all need to:

- choose carefully what we bring for lunch
- consider how it is wrapped and packed
- ensure what we use is reusable or recyclable

**And of course, make sure we eat it ALL!**

Here are some examples of steps you could take to go zero waste:



### PACKED LUNCHES

- Use a reusable lunchbox and drink bottle or cup
- Wrap sandwiches and snacks in kitchen roll or beeswax food wraps to avoid using clingfilm
- Bring your own reusable cutlery
- Make your own snacks and bring them in a reusable container
- Save money by buying in bulk – e.g. buy large tubs of yogurt and pour into a reusable pot
- If single-use is unavoidable, make sure it can be recycled

### CANTEENS & HOT LUNCHES

- Choose to prepare and serve unpackaged products or choose bulk items
- Provide reusable cups, plates and cutlery
- Do not offer plastic straws (paper straws are ok if essential).
- Provide a free of charge water filling station
- Ask suppliers for less packaging, or reusable returnable or recyclable packaging



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## HOW DO YOU GET STARTED?



### Do a survey!

Audit what sorts of rubbish are produced, how much and whether more could be recycled.



### Recycle!

Refresh recycling points and make sure everyone knows what they can recycle.



### Set the challenge!

Have a Zero Waste lunch day, or even a Zero Waste awareness week!



**We can help!** Get in touch with the Waste Education Team to organise a visit to our Education Centre in Waterbeach [wasteeducation@amey.co.uk](mailto:wasteeducation@amey.co.uk)

### Resources



Download a poster for your school here

### Useful links:

- Cambridgeshire local information [www.recap.co.uk](http://www.recap.co.uk)
- Plastic Education – full of resources for teachers, by teachers [www.plasticeducation.com](http://www.plasticeducation.com)
- Plastic Oceans Foundation <http://plasticoceans.org>
- Surfers Against Sewage [www.sas.org.uk](http://www.sas.org.uk)
- Plastic Sucks! A new book by McFly's Dougie Poynter <https://www.panmacmillan.com/authors/dougie-poynter/plastic-sucks-you-can-make-a-difference/9781529019377>
- Refill network [www.refill.org.uk](http://www.refill.org.uk)



## FAQs

### What is single-use plastic?

Any plastic that won't be used again, whether or not it can be recycled. Wrappers, clingfilm, pots, bottles and disposable items such as cutlery or straws. If it will be reused, it's not single use! Reusable bottles, cups, pots, cutlery, bags.

### Why is it important?

Plastic is a great material but if it ends up in the wrong place – in rivers or oceans – it can cause huge problems for animals and, through the food chain, humans. Making packaging for a single use also uses vast amounts of energy and contributes to climate change. Most of it is avoidable!

### How can I find out what can be recycled?

Cambridgeshire residents can find out more about what can be recycled here: [www.recap.co.uk](http://www.recap.co.uk)

If you live outside of the area, you can find out about local recycling services here: [www.gov.uk/recycling-collections](http://www.gov.uk/recycling-collections)

### What about food waste?

You could compost vegetable/fruit peelings on the school premises; contact whoever collects your rubbish and recycling to arrange food waste collections.

### How can I find out more?

Please visit the Cambridgeshire and Peterborough Recycles website here: [www.recap.co.uk](http://www.recap.co.uk)

More information about what happens to your waste and recycling can be found here: <https://wasteservices.amey.co.uk/where-we-work/cambridgeshire/>

Start today! Contact us via [wasteeducation@amey.co.uk](mailto:wasteeducation@amey.co.uk)



working in partnership