

We invite you to a “light lunch” by taking part in the  
Affinity Water Education Centre

## Lunchbox Challenge

We challenge YOU to bring a lunch that leaves NO “landfill waste” at all!

### Why do we challenge you about your waste?

- Most of what we throw away ends up in landfill sites (big holes in the ground that we fill up with rubbish) BUT much of this “waste” could in fact be reused or recycled.
- Reusing, recycling and composting this “waste” rather than using new raw material can save money, energy, scarce resources and environmental damage.
- Your visit is an ideal opportunity to show your students how easy it is to minimise the amount of rubbish they create every day. It might also encourage the students to introduce a similar system at school.

### What’s in it for YOU?

- This is a practical example of being able to “make a difference” as well as good Citizenship.
- There are certificates for groups who achieve weights under key levels of rubbish.
- There are prizes for ‘zero waster’ schools, i.e. all waste can be reused, recycled or composted (from adults as well as children!)

### How does it work?

- We will explain and encourage the students to sort their rubbish into the correct bins.
- At the end of your lunch break we will weigh the bag from the “General Waste” bin and divide this by the number of visitors (including adults).
- If you get below the following targets you will receive a certificate for your school:
 

• 10g or less per person	Bronze
• 5g or less per person	Silver
• 1g or less per person	Green and Gold Certificate*
• Zero Waste	Green and Gold Certificate**

\* We will also ask if we can take a photo of your group for the Hall of Fame on our Lunchbox Challenge notice board.

\*\* We will also ask if we can take a photo of your group for the Hall of Fame on our Lunchbox Challenge notice board and invite you to choose a prize for your school.

### Did you know?

- Households in England generated 21.6 million tonnes of waste in 2013 (403 kg per person)
- Schools in England generate approximately 450,000 tonnes of waste every year – on average, that is approximately 45kg of waste produced by each primary school student and 22kg of waste produced by each secondary school student.
- About 75% of household waste could be reused, recycled or composted.
- DO NOT BE FOOLED by the green dot sign! It just means a fee has been paid towards a recycling project. It is found on both recyclable and non recyclable materials.



## Hints and Tips

### The 3 Rs of a low-waste lunch

**Reduce:** The best way to make sure less packaging is thrown away is not to use it in the first place. Try buying in bulk and taking a daily portion in a reusable container, or choose foods that don't need to be packaged separately.

**Reuse:** The next option to reduce waste is to reuse: lots of containers (e.g. plastic bags) are reusable. Perhaps the students could try and identify which items they can take home to re-use?

**Recycle:** The final option is to recycle, including composting. We can recycle the following materials at the Education Centre:

We can recycle these items:	We can compost these items:
Paper	Sandwich crusts
Cardboard	Fruit peel and cores
Drink cans	Tea bags
Plastic bottles	Other leftover food

Some other items are widely recycled by household waste collection services, but are not recycled at the Education Centre. To aid our visitors' understanding of recycling in general, we will ask you to put these items into a "Recycling B" bin:

Recycling B
Foil
Plastic containers (other than bottles)
Drink cartons

### Simple swaps

Try these simple lunchbox swaps to reduce the amount of rubbish you throw away:

OK	Better	Best
<b>Packet</b> of crisps	A portion of crisps from a <b>larger bag</b> in an <b>airtight box</b>	Fruit or vegetable sticks in an <b>airtight box</b>
<b>Pouch</b> of juice	A <b>carton</b> or <b>single-use bottle</b> of drink	<b>Reusable bottle</b> of drink
<b>Prepacked</b> sandwich	Homemade sandwich wrapped in <b>foil</b>	Homemade sandwich in an <b>airtight box</b>
Sandwich in a <b>plastic bag</b> or wrapped in <b>cling film</b>	Sandwich wrapped in <b>foil</b>	Sandwich in an <b>airtight box</b>
<b>Prepacked</b> cake or biscuit	A portion of biscuits from a <b>larger packet</b> in an <b>airtight box</b>	Homemade cake or biscuit in an <b>airtight box</b>
<b>Squeezy tube</b> of yoghurt	<b>Plastic tub</b> of yoghurt with a <b>paper or foil lid</b>	A portion of yoghurt from a <b>larger tub</b> in a <b>leakproof box</b>
<b>Prepacked</b> fruit	Fruit or vegetable sticks in an <b>airtight box</b>	Fruit or vegetables with their own packaging! (eg. banana)

Key: **Never recyclable**

**Usually recyclable**

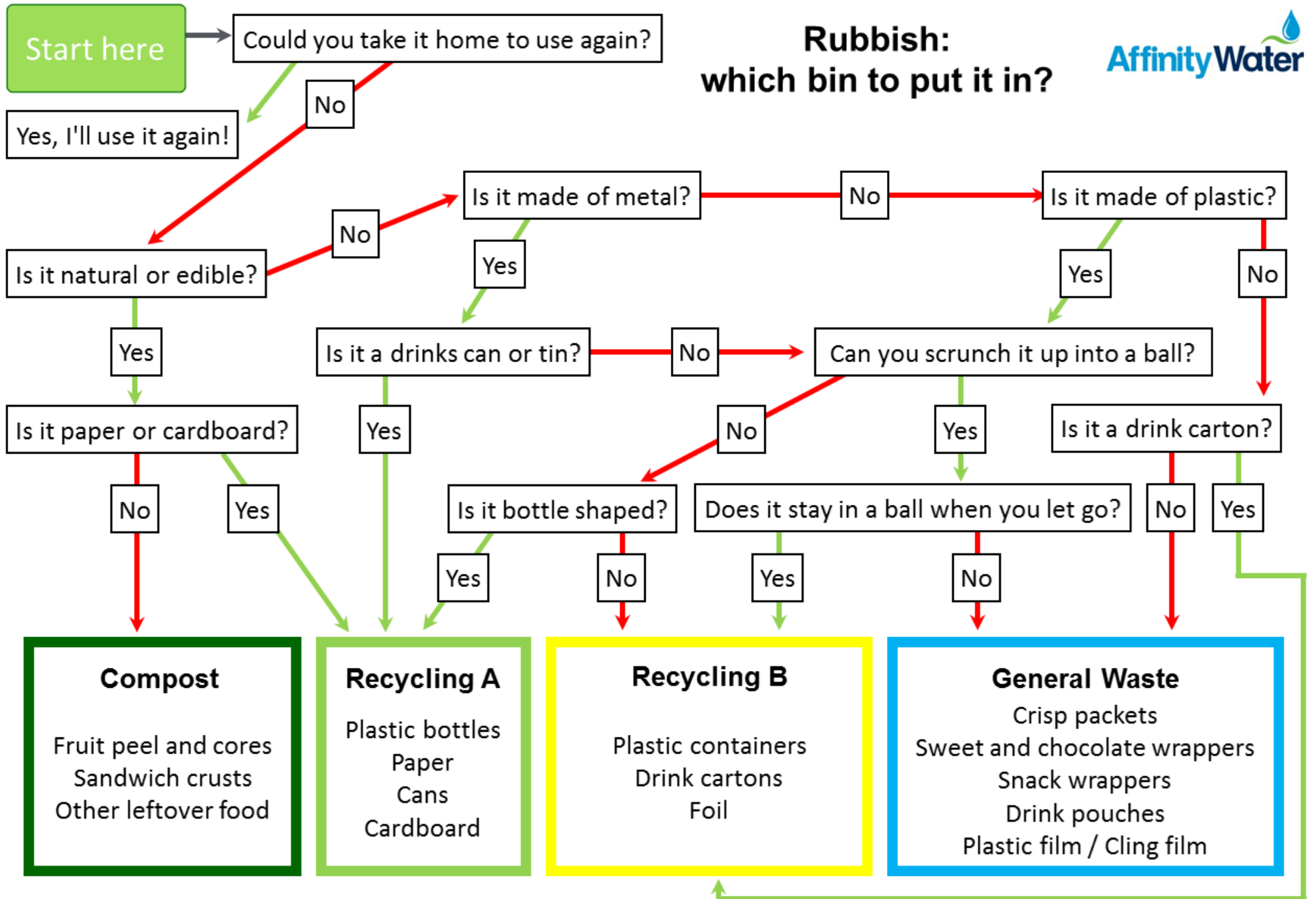
**Reusable**

### Which bin to put it in?

We have constructed an identification key for waste at the Education Centre to help you work out what to do with each item. You can find it at the end of this document, and we will also have copies available at the Education Centre. Please note that this has been designed specifically for the Education Centre, and what you can recycle at home or at school may differ.

**Good luck!**

# Rubbish: which bin to put it in?



## Recycling A

Plastic bottles



Cans



Paper



Cardboard



## Compost

Fruit peel and cores



Sandwich crusts



Other leftover food

## Recycling B

Plastic containers



Drink cartons



Foil



## General Waste

Crisp packets



Sweet and chocolate wrappers



Snack wrappers



Drink pouches



Plastic film / Cling film