

Pre-visit Information



Carymoor's Waste Free Lunch Challenge



As part of your visit to Carymoor your class can take part in our competition to find the school with the most eco-friendly lunches!



At lunchtime pupils will be asked to sort their rubbish, identifying items that can be re-used, composted, recycled or must go to landfill. The amount of landfill waste will be weighed and the amount per pupil calculated. The school with the smallest weight per pupil (and therefore most waste-free lunches) at the end of this academic year will win a prize!



To prepare for the challenge it would be brilliant if you could encourage your pupils to think about the types of rubbish left over at lunchtime, which items can be re-used or recycled and how they can make a waste-free lunch. The letter below has some top tips: Please distribute it to parents before your visit.



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Dear Parent/Carer

As part of your child's forthcoming visit to **Carymoor Environmental Education Centre** they will take part in our **Waste Free Lunch Challenge**. This is a competition to find the school with the most Eco-friendly lunches: We ask visiting groups to sort their lunch rubbish into things that can be reused, composted or recycled and things that will go to landfill. The amount of landfill waste will be weighed and we will then calculate the amount per pupil. The school with the smallest weight of landfill waste per pupil at the end of this academic year will win a prize!

To prepare for the challenge it would be brilliant if you and your child could work together to make a lunch that's as waste-free as possible. Here are some top tips:

- Put sandwiches in a re-useable container (e.g. Tupperware, ice-cream or margarine tub) instead of wrapping in cling-film, foil or plastic bags.
- Use a re-fillable drinks bottle or flask instead of disposable cartons, cans or pouches.
- Buy 'family-size' packs of crisps, biscuits or yoghurt and transfer small amounts into re-useable containers for the day, instead of buying 'multi-packs' of individually wrapped items.
- Look for snacks with recyclable packaging: paper, card or foil rather than plastic.
- Have fun baking treats with your children: packed in a re-useable container these usually make less waste than shop-bought, pre-packaged items. Paper cake-cases can be composted too.
- For a healthier option pack an extra piece of fruit instead of crisps or biscuits: If cores, skins or peel are then composted they will also create less landfill waste than other snack options.
- If your child finds it a challenge to eat a whole piece of fruit, cut it into smaller pieces and put them in a re-useable container.
- Aim to only pack the amount of food that your child will eat, so that excess food isn't wasted.

Good luck from the Carymoor Education Team!

