

LESS Summit November 19th

Ulverstone High School



Rubbish Free Lunch!

All participants in the LESS Summit are challenged to bring a 'rubbish free' lunch to Ulverstone High School on the day of the summit. Rubbish from each school will be collected, counted and weighed.

* Use the resources provided to help introduce and prepare your students for the 'Rubbish Free' component of the Summit.

**The school with the least amount of trash will
win some amazing, environmentally friendly
prizes for their school.**



* Use the resources provided to help introduce and prepare your students for the 'Rubbish Free' component of the Summit.

The following activities may be used prior to the LESS Summit as an introduction to the 'Rubbish Free Lunch Challenge' and the concept of Food Miles.

Focus Questions:

- Why are foods wrapped or packaged?
- What happens to the wrapping/package after use?
- How can we use less packaging in our lunches?

What's in the Lunch Box?

The purpose of this activity is to understand food packaging is made of different materials.

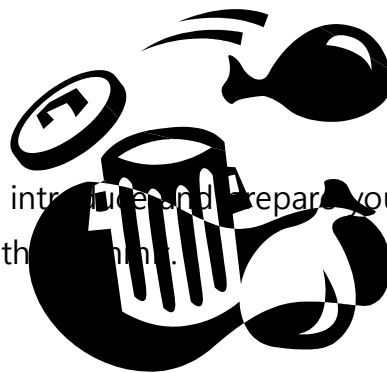
Show students a closed lunch box containing a 'typical' school lunch (you may include real food or photos). Include things such as: glad wrapped sandwiches, muesli bars, fruit box, chips, fruit etc. Ask students to draw a picture of what they think is inside. Encourage students to label their drawing.

Reveal the items one by one. Ask who may have included such items in their picture. Discuss each item, its packaging and nutritional value. Pose questions such as:

- Why do we use wrapping or packaging?
- What is this packaging made from
- How healthy is this lunch?

Make a list of packaging used. This list may contain natural (fruit skin), plastic wrap, plastic snap lock bags, foil, plastic chip wrappers, cardboard, aluminium cans, plastic bottles etc.

* Use the resources provided to help introduce and prepare your students for the 'Rubbish Free' component of the challenge.



What's Left over after your Lunch?

The purpose of this activity is to identify the types and number of food packaging that students bring to school in their lunches that ends up as waste.

Prior to recess one day have students bring in their lunch box and take a digital photo of the inside of each student's lunch box.

Ask students to keep all their waste from recess and lunch. At the conclusion of lunch use a table such as the one below to sort the waste.

Packaging Type	Plastic Wrap	Plastic chip/food packets	Food and fruit scraps	Foil	Cardboard and Paper
Number on a typical day					

Use the chart information to create a class graph and keep to compare the differences in lunch waste after the Summit.

As a record you may also like to collect waste such as chip packets, plastic wrap and rinsed yogurt containers etc and retain them to use as a visual comparison after the Summit. (Note, the quantity of food scraps could be weighed or photographed).



* Use the resources provided to help students for the 'Rubbish Free' component of the

Preparing for the Rubbish Free Lunch Challenge

The purpose of the activity is to list alternative ways to pack their school lunches to reduce waste.

Leading up to the 'Rubbish Free Lunch Challenge' and the Summit discuss the waste that was recorded in their school lunches. Refer to the bar graph. Ask students what they could do to reduce the waste in their lunches.

Discuss the following and provide examples where possible:

- The use of sealable, washable containers that can be reused.
- Composting fruit and vegetable scraps
- Recycling PET bottles and aluminium cans
- Plastic packaging that cannot be recycled easily

Discuss their experiences with recycling at home. Explain how their family is part of the wider community that works together to recycle and that school is also part of that community. Ask them to imagine what their local community would be like if nothing was recycled and everything went to landfill.

In promoting the 'Rubbish Free Lunch' you may also need to provide parents with ideas and strategies to aid their children in this challenge.



* Use the resources provided to help students prepare for the 'Rubbish Free' component of the Summit.

The Rubbish Free Lunch Challenge!

The purpose of this activity is for all participants in the LESS Summit to bring a rubbish free lunch for the day.

Staff will be provided with 3 coloured buckets as they register on the morning of the Summit. The buckets are to be used for the following:



Food scraps that can be composted (please do not include dairy or meat products)



PET bottles that can be recycled, aluminium cans, paper



Any item that cannot easily be recycled, e.g. plastic wrap, zip lock bags, foil etc.

UHS student helpers will visit and photograph individuals lunches at the beginning of the day for future reference.

Please collect any rubbish that your students produce at the end of recess and lunch. (If you wish to continue with this work when you return to school then you may like to use the graph attached to record your rubbish from the Summit day). After lunch UHS student helpers will collect and weigh and photograph the rubbish your school has accumulated.

* Use the resources provided to help introduce and prepare your students for the 'Rubbish Free' component of the Summit.

Rubbish collected will be judged on the day and points will be awarded.

The school with the least amount of points will be presented with the major prize!

* Use the resources provided to help introduce and prepare your students for the 'Rubbish Free' component of the Summit.

The Rubbish Free Lunch Challenge – Back at School....

Compare the graphs from your two rubbish collection days and discuss any differences.

Class Discussion:

- Reduced waste thrown into the bin means less rubbish that ends up as landfill. Discuss why this is important. There are many avenues this discussion can take, e.g. limited space, the amount of time it takes for items to breakdown, issues with animals becoming trapped, space junk etc.
- Types of litter that is commonly found around the school and the community?

Did you reduce your Lunch Box Waste?

The purpose of this activity is to compare their typical lunch to their 'Rubbish Free Lunch', to write about their experiences and consider ways they could continue to reduce waste in their lunches.

Provide students with the two images of their lunches to compare.

As a class generate several statements about the 'Rubbish Free Lunch Challenge'.

Reflection and Taking Action

Ask students how they could reduce waste in their lunch's everyday and not just on special days, e.g. consider:

- How the class could contribute to a whole school worm farm or composting program to ensure their fruit scraps are not thrown in the bin.

* Use the resources provided to help introduce and prepare your students for the 'Rubbish Free' component of the Summit.

- What should be done with recyclable bottles and cans brought in lunches

* Use the resources provided to help introduce and prepare your students for the 'Rubbish Free' component of the Summit.

Bibliography and References

Tips for a Rubbish Free Lunch

www.noosariver.com.au/.../Tips%20for%20rubbish%20free%20lunch%2011Aug08.pdf

Rubbish Free Lunch Unit

www.det.vic.gov.au/edulibrary/.../rubbishfreelunchVELSlv12.pdf

Packing a Rubbish Free Lunch

<http://www.ooffoo.com/listing/Zero-waste-lunchboxes---how-to-pack-a-healthy-rubbish-free-lunch.aspx#>

Rubbish Free Lunch tips and ideas

http://www.falkirk.gov.uk/services/corporate_neighbourhood/estates_management/litterzone/schools/waste_free_lunch.pdf

* Use the resources provided to help introduce and prepare your students for the 'Rubbish Free' component of the Summit.