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Friday 10th May 2019

Dear Families,

'8th May Plastic-Free Day' Update



A huge thank you to everyone who joined in the '8th May Plastic-Free Day' by making sure that their lunch box contained as few single-use plastic packaging items as possible. Your efforts are greatly appreciated and collectively they made a fantastic impact!

Results of our Lunch Box Survey

The Eco Team carried out lunchtime surveys on the 2nd May (a 'normal' day) and on the 8th May (Plastic-Free Day) to monitor the amount of single-use plastic in everyone's lunchboxes. Here are our results:

	Normal Day	Plastic-Free Day
Total number of lunchboxes brought to school	85	110 (+25)
Total number of single-use plastic items	215	111 (-104)
Average number of single-use plastic items per lunch box	2.5	1.0

As you can see from the table, we managed to almost halve the total number of single-use plastic items in our lunch boxes on Plastic-Free Day, even though the total number of lunch boxes was higher! On average, each lunchbox had only 1 single-use plastic item in it, compared to 2.5 items on a 'normal' day! What a great result!



The most common single-use plastic items found in our lunchboxes remained the same during both surveys, and these are shown below:

Item	Normal Day	Plastic-Free Day
	Percentage of the total number of single-use plastic items	Percentage of the total number of single-use plastic items
Crisp packets / Popcorn packets	26%	25%
Individually wrapped cakes / cake bars	18%	24%
Other plastic packets such as raisin packets and 'squeezey' yoghurt tubes	17%	17%

Our 'Top Tips' for reducing amounts of single-use plastic packaging!

We understand that it's really hard to say no to all single-use plastic packaging because so many of our favourite 'lunch box' items come wrapped in it. However, here are a few ideas that you might like to try:

1. Instead of buying single-serving 'fruit cups' which come in plastic pots, try buying whole fresh fruits, which you can then cut up into 'bite size' pieces for your lunch box.



2. Buy items such as crisps, popcorn, raisins, cakes and yoghurt in large pack sizes and then simply transfer a small portion of the items into reusable pots for a 'daily' serving. The overall amount of single-use plastic packaging will be a lot less and this simple step will also save you money! Compare the prices of individually wrapped products with larger pots and packages per portion size!

3. Make sure that you only bring a reusable water bottle (such as our normal school water bottles) with you to school. Never bring a single-use plastic bottle! Think about whether you could drink your daily 'juice' drink at home, where you can share a large sized carton as a family, rather than bringing a small sized, individual plastic carton to school with you each day.



4. Pack snacks and sandwiches in reusable cloth bags or wraps. These are easily washed either by throwing them into the washing machine with a clothes wash or by simply wiping them clean with a cloth. They can be used for sandwiches, cakes, homemade baked goods, vegetable sticks (e.g. carrot, pepper and cucumber) and fruit.

5. Alternatively, sandwiches and other lunch box contents could be put into a reusable container, such as Tupperware, or wrapped in tin foil (which can be washed and then reused).





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As the amazing results of our survey show, we really can create a big difference and protect our planet, if we all work together and each make some small changes. Please do keep thinking about other ways that we can help to reduce the amount of single-use plastics used at home and at school. If you have any good ideas, please come and tell a member of the Eco Team!

Thank you again for your support!

Mrs Neville and the Eco Team

Make a small change ~ create a big difference!

By everyone making small changes, together we will protect our planet!

