

Waste Busting...

This is what can be reused or recycled at the Centre



compost

Fruit skins, stalks or anything that used to be a living plant can make compost. Tear up paper and cardboard.



worm food

Compost worms live in our wormery. They eat bread crusts, cheese, biscuits and fruit. They make soil.



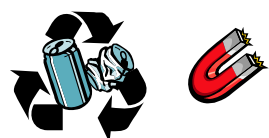
plastic bottles

The plastic material will be made into something else eg a fleece, garden furniture.



plastic carrier bags

These bags can be reused by other visitors to take their dirty wellies home.



metal cans

75% of steel cans are made from recycled cans. Each recycled can saves energy.



metal foil

Foil (not shiny silvery plastic packets) can be melted to make more foil containers.

We also recycle cardboard, glass and office paper.

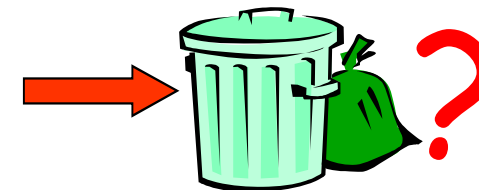
Trash Attack: Hampshire currently recycles 28% of household waste. The average UK household throws away six trees worth of paper each year – in total that's a forest over 35 times the size of the New Forest! What can you do to help? What will you do at home and school?

Sparsholt Schools' Centre for Environmental Education

Healthy eating



Low-waste Lunch Challenge



Sustainability

Bring a healthy lunch that you will enjoy eating that will not fill our rubbish bin with waste.

- Can **you** take an empty lunchbox home?
- Can **you** and your class put less rubbish in our dustbin than any other class to visit the Centre this term?



After lunch your waste will be weighed.

You will be able to see how well your class has done on our web site at: www.sparsholtschoolscentre.org.uk/pupils/

Each term there is a prize for the class that produced the least waste per pupil and certificates for the runners up.

***** Please do your best to reduce the waste from your lunch.*****
If you choose to recycle your waste fruit and paper at the Centre we will turn it into compost to use in our garden!

Each year with your help we compost over 200kg's of food waste – good for our garden and our environment!



Reduce Reuse Recycle

Tips on how to make your lunch 'low waste'

A healthy lunch for you and our environment:

- ✓ Make your own sandwiches from bread and choose the fillings yourself.
- ✓ Eat all your lunch! Leave only fruit peel or paper which can be composted.
- ✓ Pack everything in plastic boxes that can go home to be washed and used many times!
- ✓ Put your water or juice in a plastic bottle and use it again and again...
- ✓ Wrap food in kitchen towels rather than cling film or foil.
- ✓ Choose fruit in its own natural wrapper eg bananas.
- ✓ Buy large amounts of food and just take enough for your lunch rather than buying lots of individually wrapped items.



- ✓ Cook your own cakes and biscuits!

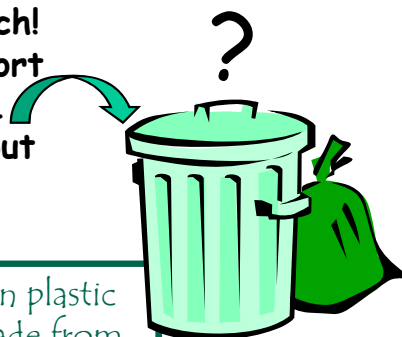


We hope you enjoy eating your lunch!
Afterwards, please remember to sort
your waste at our recycling area.

How little waste will you need to put
in the dustbin?

Will your class win a prize?

Trash Attack: 'Real rubbish' is usually torn plastic food wrappers & bags or drinks cartons made from mixed materials. This permanent waste will be buried in a landfill site or burnt to make electricity.



Did you know ?

- ✓ A low waste lunch is **healthier** than a pre-packed lunch.
- ✓ A low waste lunch is **cheaper** than a bought pre-packed lunch (and probably tastier and more satisfying too!)
- ✓ A low-waste lunch produces **less litter** and pollution than a pre-packed lunch.
- ✓ A low waste lunch saves natural resources and energy.
- ✓ A low waste lunch is healthy for you and your environment.

Do you know the 3 R's?

Reduce ... means buying things with less packaging

Reuse ... means using things again, such as a sandwich box.

Recycle ... means the material is broken down and then used again to make something else. 'Recycle' on a label means **you** have to put it where it can be recycled.



Trash attack ...Remember...

Not everything that can be recycled is recycled!
Nobody recycles rubbish you put in a dustbin
it all goes to a landfill site.

To find out more about recycling materials:
www.recycleforhampshire.org.uk
www.sparsholtschoolscentre.org.uk

