

Recycling

The Centre has a recycling trolley to help you sort lunch waste.



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.



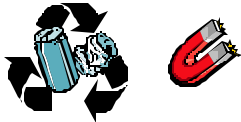
plastic bottles

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.

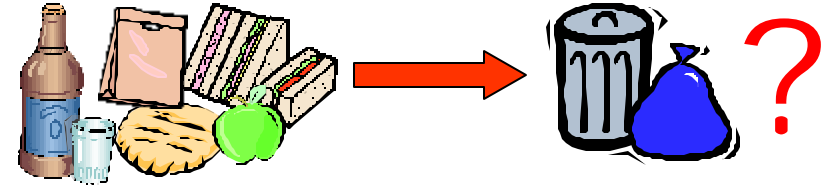
We also recycle cardboard, glass and office paper.

Trash Attack: Hampshire already recycles 25% of household waste. The national target is to recycle 40% by 2005.
What can you do to help?
What will you do at home and school?

Sparsholt Schools' Centre for Environmental Education

Low-waste Lunch Challenge

Healthy eating



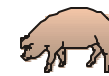
Bring a healthy lunch that you will enjoy eating and that will not fill our rubbish bin with waste.

- 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 can check how well your class has done on the web site after your visit. There is a prize each term for the class that produced the least waste per pupil.



Nature knows best!

The farm animals and wildlife that live on Sparsholt farm estate do not use dustbins! All their waste rots down into soil. We hope that all you will leave will be fruit peelings and paper to make compost. The compost waste will be left to rot down into a natural fertiliser. This is then used to improve the soil in our garden to grow healthy plants in the future.



Education for sustainable development



How to make your low-waste lunch

Follow these tips to make a healthy lunch that will also be healthy for 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, oranges
- ✓ 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!



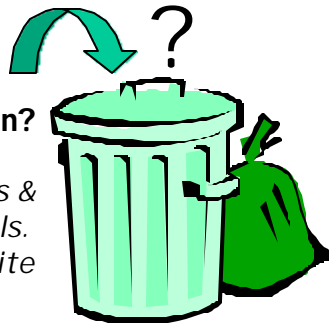
We hope you enjoy eating your lunch!

When you have finished eating, sort your waste at the recycling trolley.

How much rubbish will you put in the dustbin?


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.

Will your class win a prize?



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.

"Recycle"  on a label means **you** have to put it where it can be recycled.

Not everything that **can** be recycled **is** recycled!

Nobody recycles rubbish you put in a dustbin - it all goes to a landfill site.

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.

To find out more about recycling materials:
www.hants.gov.uk/sparsholtschoolscentre
www.integra.org.uk also has information about the low waste family and the low waste school.

