

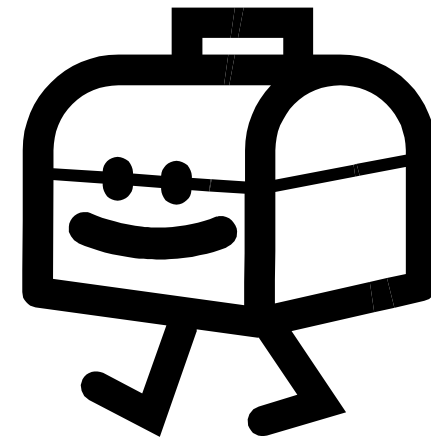
5 ways to commit to making a difference

- ◇ Buy refills or bulk buys
- ◇ Wash and re-use containers
- ◇ Buy recycled and environmentally friendly goods
- ◇ Make compost
- ◇ Dispose of your rubbish safely



The Gattons Infant School

Information Leaflet



**We are an Eco School.
Is your Packed Lunch an
Eco Friendly Lunch?**

How can you take action to make sure your packed lunch is more environmentally friendly?

Reduce

When choosing items for your packed lunch avoid over-packaged and individual sized items. Remember you pay for all the packaging as well as the contents.

Re-use

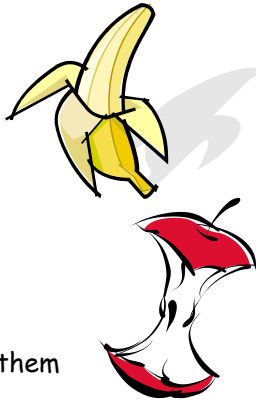
Put your sandwiches in a small margarine or ice-cream container, or an old bread bag instead of buying food bags, foil and cling film. Pack your own cakes, biscuits, raisins, crisps etc from large bulk buys into re-usable bags or containers.

Re-fill

Refill a drinks bottle with squash or juice instead of throwing cartons away every day.

Recycle

Put food waste such as apple cores, banana skins etc on a compost heap or into a worm bin, if you have one. Recycle your glass, cans and plastic containers at your nearest recycling site, or in your kerbside collection box. Wash, rinse and re-use aluminium foil or recycle it.



Re-educate

Tell your family and friends all about this, or give them this leaflet!

So how am I helping?

Saving money

One large bottle of squash diluted into lots of drinks costs a lot less than one small carton. Food bags, cling film and foil all cost money, but old bread bags are free.

Saving packaging

Lots of items such as biscuits and cakes are packed using layers of cardboard, foil and paper - these layers are usually thrown away so it's best to buy a big packet and separate them yourself - bulk buy.

Saving waste

Re-using bags, bottles and containers simply by washing them means there's less waste to go in the bin.

Saving natural resources

By recycling and using less packaging we will use less wood, oil, metal and minerals and help save the planet's resources.

Saving organic waste

If you put your food waste onto a compost heap or into a worm bin, then the goodness rots down for plants to feed on.

