



LITTERLESS LUNCH

Aim for a litterless lunch and reduce the waste produced by your school in a litterless lunch competition!

WHAT YOU'LL LEARN:

- How to identify the amount of waste that you are personally responsible for
- How to identify the total waste of the school.
- How to set targets to reduce waste production.
- How to address packaging issues and come up with strategies with families and the community to target waste free lunches at home and at school
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CURRICULUM OUTCOME:

- Learn about environmental stewardship and the importance of community
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MATERIALS:

- Empty waste bin
- Tarp
- Gloves
- Bathroom scale
- Containers
- Pen and paper

This is an individual/group indoor activity, it can be done in outdoor spaces of the school, home, backyard, or nearby parks/trails

WHAT TO DO:

Natural Resources Canada estimates a waste output of 600 times the body weight of a North American, around 40,000 kgs worth of garbage in a lifetime. In this activity,

students save garbage from their lunches and separate it according to type to analyze the average waste output that a typical lunch creates. Students then analyze daily practices and look for innovative packaging methods to find ways to reduce waste in their lunches. The key questions are “What kind of garbage is most common” and “How can it be reduced”.

1. Students deposit the waste from their lunches in an empty waste bin.
2. Empty all the waste onto the tarp and separate recyclable, compostable and garbage. Make observations Have students dispose of compostable and recyclables properly.
3. Weigh the garbage created with the bathroom scale. Record observations and findings. Take photos.
4. In 3 months, time, repeat the sorting and recording and compare the results.
5. Discuss litter trends and results and have students write to their parents to request litter free lunches.
6. Include other classes in this initiative. Include school staff in the sorting process and ask them to record their waste too.
7. Initiate a competition between classes and staff targeting litter free lunches.

ASSESSMENT:

- How well can students differentiate the types of waste products
- Learners demonstrate calculating averages based on given sample group like various classes, per student, teachers' group or for whole school
- Able to convert standard measurement units to find sum of combined garbage

EXTENSION:

- Get learners to write letters to their parents/guardians requesting for litter-free lunch.
- Begin a competition between classes or other staff members of the school for which group brings most litter free lunches wins.
- Include more classes and students in the project.

CREDIT/REFERENCES:

This activity has been modified from scienceworld.ca



(Image extracted from scienceworld.ca)