



Dear Parents and Carers

As I'm sure you are aware the world is facing a plastic and particularly 'single use plastic' crisis!

We are all beginning to realise that plastic lasts pretty much forever and in modern life is massively overused!



We think it is important that the children feel they can do their bit to help tackle this problem, especially as it will affect their lives in the future even more than ours.

It is for this reason we have, as a school, decided to launch the 'Plastic Free Lunch Box Challenge' as part of our 'Challenge Chilham – can we make a difference?' theme.

So here are some tips and ideas that the children have come up with to help you reduce or better still, cut out the single use plastic in your child's lunch box;

- ✓ Many children now have lunch boxes with small compartments which makes life much easier to avoid plastic wrapping but if they don't you may have some small plastic pots with lids which could hold fruit or snacks and fit inside a lunch box.
- ✓ Instead of sweet snacks/biscuits in plastic wrappers you and your children could have fun making cup cakes, cookies, jam tarts or any other sweet treats!
- ✓ Instead of cheese strings you could cut up cubes of cheese
- ✓ Instead of cartons of drink use a refillable drinks bottle
- ✓ Instead of individual yoghurts buy the big tubs and spoon it into pots
- ✓ Instead of individual crisp packets buy a big pack and put some in each day

For more ideas;

<http://wastefreelunches.org/parents.html>

<https://www.theschoolrun.com/best-no-waste-packed-lunch-solutions>

<https://www.superhealthykids.com/healthy-home/top-10-waste-free-lunch-tips/>

<https://www.bbc.co.uk/programmes/p06bt596>

If you already have any great plastic saving tips please let us know!!

As a school community, we really do want to make a difference, so please do support us with this challenge.

The Governors, Staff & Children of Chilham St Mary's CE Primary School