



Low Impact packed lunches at Thornham Field Centre

Everyone who comes to Thornham Field Centre is asked to bring a low impact packed lunch. Please could you make sure that you leave as little rubbish behind as possible (or no rubbish at all)

Before your visit please talk to your pupils about their packed lunch. There is a Power Point presentation on our web site which might be useful to you.
www.thornhamfieldcentre.org

REMEMBER THE BEST WAY TO REDUCE RUBBISH IS TO STOP MAKING IT!



How to prepare a low impact packed lunch:

- Carry the lunch in a container which can be used again or disposed of in a compost bin (paper bag)
- Wrap sandwiches, rolls etc in greaseproof paper or use a reusable container
- Drinks should be in a reusable container
- Avoid anything with a lot of packaging
- Fruit is good—needs no extra packaging as well as being healthy
- Avoid ready made sandwiches—

You might like to look at www.english-nature.org.uk
Click on nature for schools, then sustainable lunchbox

www.globalfootprints.org and click on issues

RUBBISH DISPOSAL AT THORNHAM

When you come to Thornham you will be given two biodegradable rubbish bags on day one, (one for compost the second for other rubbish) Please separate your rubbish after lunch into the appropriate bin. We will put the compost in our own compost bin and weigh the rubbish from the landfill bin. We will send you a bar chart comparing the amount of rubbish you have left to that left by the last 10 schools who have visited Thornham.



EXTRA IDEAS:

Depending on the age of your pupils you might like to use the discussion about lunch preparation as an opportunity to talk about:

Food miles—discuss how far different foods have travelled? Is this a good idea?

Can individuals make a difference by doing things like recycling?

What is a sustainable life style?

How to avoid excess packaging when shopping

Should supermarkets charge for plastic carrier bags?

How does recycling help reduce our carbon footprint?

Low impact packed lunches— 2007