

## Bringing a Packed Lunch to Thornham

**Everyone who comes to Thornham on a day trip is asked to bring a low impact packed lunch. This means that you think about the packing your lunch and that you aim to leave behind as little rubbish as possible.**

How do I make a low impact packed lunch?



Check out our power point presentation on [thorham.org.uk](http://thorham.org.uk) which will help you.

Put your lunch in a container which can be used again or composted (paper bag)

If you need to wrap your sandwiches or rolls consider using greaseproof paper, or put them in a plastic reusable box.

Put drinks in a reusable container

Avoid anything with a lot of packaging (supermarket bought snacks often have a lot of packaging)

Remember apples, oranges and bananas come in their own packaging.

Check out [www.naturalengland.org.uk](http://www.naturalengland.org.uk) and look at their sustainable lunch box pages on their schools' resources page.

## Rubbish Disposal at Thornham

When you come to Thornham you will be shown two small bins. One for compost and one for rubbish which will end up in a land fill site. Please separate your lunch into the appropriate bin. We will put the compost in our own compost bins 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. The only recycling facilities we have on site are for cans, there are good recycling facilities at Thornham Village Hall.



## 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 – how far has food travelled, is this good?  
Can individuals make a difference by doing things like recycling?

What does it mean to be sustainable?

How could you monitor waste reduction in school?

How could you avoid excess packaging when shopping?