

# WASTE-FREE ACTIVITIES

## FOR TEACHERS



### ACTIVITY

#### Conducting a pre-challenge waste audit

Use these steps as a guide to help your class conduct a simple waste audit.

1. Choose a day or a week before the Waste-Free Lunch Challenge has commenced. Ask your students to keep all of their packaging and waste from recess and lunch.
2. In the classroom or another designated area, place nine large containers labelled with the following categories: plastic containers, milk and juice cartons, paper and cardboard, metal, squeeze pouches, chip packets, plastic wrap and bags, and food scraps. On the first day, the class can work collectively to identify their packaging items and sort them into one of these nine categories.
3. After each recess and lunch, ask your students to continue placing their packaging and waste items into the correct boxes.
4. Keep a tally of the number of items collected in each box over the week or the day. Groups of students can be allocated this task over different recess and lunch periods. Ask students to fill in the results on a large chart.
5. Optional: take a photo of some of your students' lunches to capture a visual representation of the composition of their lunches.



## Waste audit table

Below is an example table you can use for your waste audit.

| ITEM                   | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | TOTAL |
|------------------------|-------|-------|-------|-------|-------|-------|
| Milk and juice cartons |       |       |       |       |       |       |
| Plastic containers     |       |       |       |       |       |       |
| Glass (teachers only)  |       |       |       |       |       |       |
| Paper and cardboard    |       |       |       |       |       |       |
| Metal                  |       |       |       |       |       |       |
| Squeeze pouches        |       |       |       |       |       |       |
| Chip packets           |       |       |       |       |       |       |
| Plastic wrap and bags  |       |       |       |       |       |       |
| Food scraps            |       |       |       |       |       |       |

[YOU CAN FIND A FULL TEMPLATE FOR A WASTE AUDIT HERE](#)

## MATHS ACTIVITY FOR STUDENTS

1. Using the class waste totals, work out how much waste your class would produce in one school term (assuming there are ten weeks in a term).
2. Using the above totals, how much waste would you class produce in one school year of four terms?
3. How many classes are there in your school?
4. Using the number of classes in your school, and the total waste your class would produce in one year, how much waste would your whole school produce in one year?

These activities correspond to activities included in the Student Activity booklet.



## ACTIVITY A

### Discussing waste-free lunches

Discuss the concept of waste-free lunches with your class. Prompt your students to think about how food can be brought to school in a waste-free way.



## ACTIVITY B

### Comparing packaging for bulk and single-serve

For this activity, you'll need:

- a weighing scale
- a 2 litre drink carton (or similar)
- as many single-serve drink containers (e.g. foil pouches or poppers) as are equivalent in volume to the large carton

Ask the students to weigh the large container, then the smaller containers all together.

Ask them to compare the amount and type of packaging in each.

The smaller containers will collectively weigh more than the larger container as there is more packaging in total.

Ask students to talk about the differences in the packaging in terms of resource use and recycling. Which option would fill up a recycling bin faster?



## ACTIVITY C

### Discussing recycling

Recycling as much packaging as possible (when it is recyclable) another solution to reducing the waste from our lunches.

Use Activity C to help your students determine what can be recycled at your school. If recycling is not available at your school, change the activity to 'What can I recycle at home' and discuss what they can recycle at home. Students who have recyclable items in their lunch can then be encouraged to take them home for recycling.



## ACTIVITY

### Drawing pictures of your waste-free lunch

In this activity, students draw a picture of their lunchboxes, complete with food items inside, during the Waste-Free Lunch Challenge.

Ask your students to explain to the class, or each other, how their waste-free lunch is different from a waste-generating lunch.