



lunchtime crunchtime

Introduction



Overview

Lunchtime Crunchtime aims to encourage the whole school to reduce the total amount of food associated waste created during lunch times and snack times and encourages everyone to **reduce**, **reuse** and **recycle** as much of it as possible.

The shock of seeing how much waste is created in the first surprise audit should provide the impetus to reduce, reuse and recycle. Students will set a target for waste reduction and take regular audits and monitor the amount of waste produced. Throughout the activity, students will keep the whole school up-to-date on progress and put up posters to encourage and inform key milestones e.g. reaching the 'halfway' mark towards the target.

At the end of the activity, students will understand the importance of reducing the amount of waste created when eating food at school and be encouraged to do the same at home. From the waste they produce, they will understand how they can reduce the amount that goes to landfill by reducing, reusing and recycling.

You can do as much or as little of this activity as you like. However, if you do want to be eligible to win a Pod medal you will need to enter the results of the start and end audits and blog about the activity on the Pod.

Included in this pack:

- Introduction and overview
- How to run the activity
- Waste audit templates
- Information fact file
- Big bar chart example
- How to record the activity on the Pod

Other Lunchtime Crunchtime Teacher's Resources:

- Waste information pack (**in Information Packs**)
- Lesson plans for 7–11 year olds and 11–14 year olds (**in Activity resources and lesson plans**)
- Take it home pack (**in Activity resources and lesson plans**)
- Waste assembly (**in Presentations and videos**)
- Illustration sheet of recycling icons and school canteen items and food (**in Quick activities**)



Lunchtime Crunchtime Introduction



Before Starting

Who should run this activity?

Lunchtime Crunchtime can be run by a core group of students. Ideally this will be a class but could be a small group of students from across the whole school, for example the eco-committee.

Who should students speak to in the school?

Students will need to talk to the school caretaker, school meals supervisory assistant and senior management team to get hold of large bin bags, gloves, aprons and weighing scales. Students may need assistance weighing the bags before disposal/recycling/composting.

Are there any special days you could link with?

This activity can be conducted at any point in the year but you could link it with Waste Week and/ or Recycle Week. The activity can be undertaken as many times as you like – it may be good to revisit the activity after five or six months.

Checklist

When the activity has finished check you and the students have:

- Collected and recorded data from the first audit of school mealtime or snack time waste.
- Completed the start audit form on www.jointhepod.org.
- Understood why packaging is used and ways to reduce it.
- Understood the importance of reducing the overall amount waste.
- Understood the importance of reusing and recycling as much of the remaining waste.
- Understood the benefits of reducing waste and of reusing and recycling.
- Held a school assembly to get the whole school involved.
- Actively reduced the total amount of waste produced at school meal and snack times.
- Blogged about the school's progress throughout the activity.
- Informed the school about the achievements made with posters and assembly updates.
- Filled in the final audit form and submitted the activity on the Pod website.
- Added a Lessons Learnt report to the school blog.



Lunchtime Crunchtime Introduction



Pod Medals

Top Tip – Medals are awarded based on the savings you make as well as the number and type of blogs that you post. Completing a lesson learned report will also increase the chances of winning a top medal



Eco-Schools

This activity will contribute significantly towards an Eco-Schools Bronze Award. Two or more short activities will contribute towards a Silver Award.

You will need to complete an Eco-Schools Environmental Review and Action Plan to meet the Bronze Award criteria.

By understanding and promoting the sustainable impact of the project to the school and wider community, the school will also be able to use the activity towards an Eco-Schools Green Flag Award.



Now Try This

Make a Big bar chart (see page 12) so everyone can see the impact of the activity year round.

Expand this activity to cover all areas of the school to find out how students can reduce, reuse and recycle waste in different departments of the school.

You can use some of the other activity packs on the Pod such as Recharge Your Batteries and Lose Your Bottle.

Create compost at school (to use in the school garden or to sell to your local community as a fund raising opportunity).

Create a school garden for home grown produce to be used in the kitchen, in a home economics class to raise money or to increase biodiversity with trees and flowers.



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How To Run The Activity



Audits

The start and end audits need to be entered into www.jointhepod.org. It's suggested that this activity should last for 3-4 weeks but you can run it for shorter or longer periods. You can do as much or as little of this activity as you like. However, if you do want to be eligible to win a Pod medal you will need to enter the results of the start and end audits and blog about the activity on the Pod.

For shorter activity periods we recommend daily audits. If the waste audit is going to run over a long period of time and daily audits become unsuitable then we recommend weekly audits. Weekly audits will need to be conducted on the same day of the week.

If a long term approach is taken, encourage the students to consider how events (e.g. Easter) or seasons (e.g. winter) have an impact on the amount of lunchtime and snack time waste created.

The waste pod-o-meter will be used to illustrate the success of the campaign on a national level as well as for your school.

The audit templates are included in this pack.

Surprise!

The initial school lunchtime audit should be a surprise. You will need to decide on the waste collection categories to use. For example, broad overall categories like we have suggested or finer categories for the recyclables like paper and card, metals, glass and plastics. This may be dependant on your local council collections.

To check what your local council can and cannot recycle please visit: www.recyclenow.com

For the purpose of this activity we suggest these categories of waste collection:

- Recyclable (paper and card, cans, plastic bottles, glass)
- Landfill waste/Non-recyclable (e.g. biscuit wrappers, crisp packets, cling film)
- Compostable by council (cooked and non-cooked food waste)*

*Double check with your local council that they can collect cooked food too. If the school is composting only non-cooked food should be collected and cooked food can be put into the Landfill waste/Non-recyclable bag.

Once all waste has been sorted and collected students will need to record data onto the audit sheet:

- The weight of the different types of rubbish in kilograms
- The number of bags collected for each type of rubbish (bags used should be the same size throughout – e.g. 100 litre bin bags).



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How To Run The Activity



After The First Audit

Food waste accounts for almost half of the waste produced by primary schools and almost a third by secondary schools in England¹.

Motivate the students to encourage the rest of school to reduce the amount of food related waste created by students who eat at the canteen and those who bring in their own pack lunch or snacks.

Introduce the topic to your students and encourage the students to:

- Discuss what waste is and how it's made and how it's disposed of.
- Discuss what happens at the landfill and why it's important to reduce the amount of waste produced.
- Discuss how much and what kinds of waste the students produce at lunchtime and at snack times.
- Discuss ways they could reduce the total amount of waste created at lunchtime and snack times (e.g. use less and reuse).
- Research which products can be recycled, how to identify them and what to do (e.g. recycle bin or compost bin).
- Discuss ways to relay the reduce waste message to the rest of the school.
- Consider setting a waste reduction target.

As the activity progresses students will learn where their waste ends up. They will find out about the importance of reducing as a priority, and reusing and recycling as much as possible so minimal amounts of waste end up in landfill. You can use the Information fact file included in this pack and the Lesson Plans to help you with this: **Teachers' Resources: Activity resources and lesson plans.**

Reduce. Reuse. Recycle

With subsequent audits, students should start to see a visible reduction in the waste created as they learn how to reuse items and create less waste.

With school lunch and snack times in mind encourage the students to think about:

- Why packaging is used. Identify good and bad types e.g. good packaging is recyclable, keeps food fresh, and prevents food contamination.
- How can items be reused to create less waste? You could reuse plastic bottles, use tins as plant pots etc.
- What is recycling? What is the difference between recyclable/ non-recyclable waste?
- How can composting reduce waste? What's the difference between composting at home and the council composting all food waste?

¹ WRAP 2007/2008 Report into the Nature and Scale of waste produced by school in England.



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How To Run The Activity



If a waste reduction target is set, encourage the students to make a big bar chart to track the progress and help the whole school see how well they are doing. An example of what the Big Lunchtime Crunchtime bar chart could look like is included in this pack.

In their assembly updates encourage the students to highlight how much waste has been reduced – how much that is per person, how much of the waste is now recycled and what benefits this includes. Congratulatory posters and assemblies highlighting key improvements can increase awareness and school participation. Useful icons and symbols for the posters are provided in this pack.

You can reward the students who've done a great job and encourage them to learn more with a Pod certificate provided in the **Teachers' Resources: Certificates**.

Final Audit

Once the final audit has been taken students can assess whether their activity to reduce, reuse and recycle has been effective by either comparing the final audit results to the initial audit or seeing how well they have done if a target was set.

Don't forget to enter your final audit information onto www.jointhepod.org.

Taking It Further

Get the Students to think about reducing waste at home and reusing and recycling where they can. There is a Take It Home pack available in

Teacher's Resources: Activities and lesson plans.

Lunchtime Crunchtime concentrates on the waste generated by the students at lunch and snack times. You could expand it to include the school kitchen and get all the school meals supervisory assistants involved. What waste does the kitchen produce that could be reduced, reused or recycled? How could the school meals supervisory assistants help reduce waste and reuse or recycle?

You could try an entire school audit. Encourage the students to think about which departments or areas of school generate the most waste. Consider what types of waste are created and whether it can be reduced and recycled to decrease the school's overall waste production.

Encourage the students to reduce the overall amount of waste they create both at home and at school. Could they get creative and think of ways to reuse/recycle items? For example make a compost heap, use a reusable bottle, donate unwanted items to charity shops or sell them, customise/remake clothes and bags, repair and use again.

Encourage the students to create a school garden and compost waste from the school building as well as the playground areas.

Encourage the students to think about how and where waste is recycled. What items can be reused and how? What happens to items that are recycled? Are they made into the same item again or something else? Could they invest in recycled products to reuse or make their own items e.g. lunchboxes, water bottles, bags.



lunchtime crunchtime Audit Templates



Daily for any week audit

	 COMPOST	 RECYCLE	 LANDFILL	TOTAL
MONDAY	kg	kg	kg	kg
	bags	bags	bags	bags
TUESDAY	kg	kg	kg	kg
	bags	bags	bags	bags
WEDNESDAY	kg	kg	kg	kg
	bags	bags	bags	bags
THURSDAY	kg	kg	kg	kg
	bags	bags	bags	bags
FRIDAY	kg	kg	kg	kg
				kg
DATE: _____			WEEKLY TOTAL	bags

	 COMPOST	 RECYCLE	 WASTE	TOTAL
MONDAY	kg	kg	kg	kg
	bags	bags	bags	bags
TUESDAY	kg	kg	kg	kg
	bags	bags	bags	bags
WEDNESDAY	kg	kg	kg	kg
	bags	bags	bags	bags
THURSDAY	kg	kg	kg	kg
	bags	bags	bags	bags
FRIDAY	kg	kg	kg	kg
				kg
DATE: _____			WEEKLY TOTAL	bags





lunchtime Crunchtime Audit Templates



	 COMPOST	 RECYCLE	 LANDFILL	TOTAL
MONDAY	kg	kg	kg	kg
	bags	bags	bags	bags
TUESDAY	kg	kg	kg	kg
	bags	bags	bags	bags
WEDNESDAY	kg	kg	kg	kg
	bags	bags	bags	bags
THURSDAY	kg	kg	kg	kg
	bags	bags	bags	bags
FRIDAY	kg	kg	kg	kg
				kg
DATE: _____			WEEKLY TOTAL	
				bags

	 COMPOST	 RECYCLE	 WASTE	TOTAL
MONDAY	kg	kg	kg	kg
	bags	bags	bags	bags
TUESDAY	kg	kg	kg	kg
	bags	bags	bags	bags
WEDNESDAY	kg	kg	kg	kg
	bags	bags	bags	bags
THURSDAY	kg	kg	kg	kg
	bags	bags	bags	bags
FRIDAY	kg	kg	kg	kg
				kg
DATE: _____			WEEKLY TOTAL	
				bags





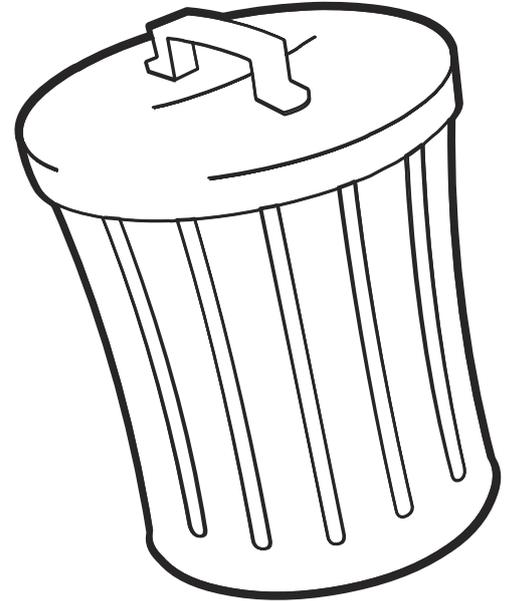
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Information fact file



Here are some useful facts and figures about waste that you can use in your class presentation, assembly, posters or school newsletter.

- In England half the waste thrown out by primary schools is food waste. A third of the waste thrown out by secondary schools is food waste².
- Primary school pupils create 72 grams of food waste each day.³
- Secondary students create 42 grams of food waste each day.³
- The proportion of food waste found in waste from primary schools was found to be more than twice as high as the proportion of food waste found in waste from households (46% compared to 22%).⁴
- The proportion of food waste found in secondary schools was approximately a third higher than the proportion of food waste found in waste from households (31% compared to 22%).⁴
- The average household of 2 people wastes £420 a year on food that they throw away.⁵
- In the UK 60% of the salad purchased is thrown away.⁵
- Other foods that are purchased and then thrown away include 31% of bakery items and 26% of fruit.⁵
- The average household creates about 330kg of waste a year. That's just over 6kg a week.⁶
- Most of the food we throw away could have been avoided with better planning. Potatoes are the most wasted, followed by slices of bread, apples, and meat and fish meals.⁷





Lunchtime Crunchtime Information fact file



Why do we waste food? Think about the food that you leave behind, food that isn't eaten before its use by date, or has been left to go mouldy. Take a look at these figures ⁸:

- left on the plate after a meal (1,225,700 tonnes worth £3.3 billion);
- passed its date (808,000 tonnes worth £2.2 billion);
- looked, smelt or tasted bad (750,500 tonnes worth £1.8 billion);
- went mouldy (465,700 tonnes worth £960 million); and
- left over from cooking (360,600 tonnes worth £830 million).

People throw away different types of foods for different reasons. For example:

- bread: out of date 29%, looked bad 21%, went mouldy 20%;
- breakfast cereals: 73% left over after a meal;
- cheese: out of date 37%, went mouldy 23%;
- eggs: out of date 56%, left over 25%;
- fresh fruit: mouldy 37%, looked bad 25%;
- salads: out of date 48%;
- fresh meat and fish: out of date 35%, left over 26%;
- milk: smelt or tasted bad 38%, out of date 37%;
- pasta: left over 50%;
- rice: left on plate 48%, left in saucepan 44%; and
- condiments: out of date 34%, left over after cooking 26%, left on plate 20%.

² School Food Waste, WRAP

³ Nature and Scale of Waste Produced by Schools in England, WRAP

⁴ The Nature and Scale of Waste Produced by Schools in England, Biffa "Big Red Bin"

⁵ The Food we Waste, WRAP

⁶ Household Food and Drink Waste in the UK, WRAP

⁷ The Food we Waste, WRAP

⁸ The Food we Waste, WRAP

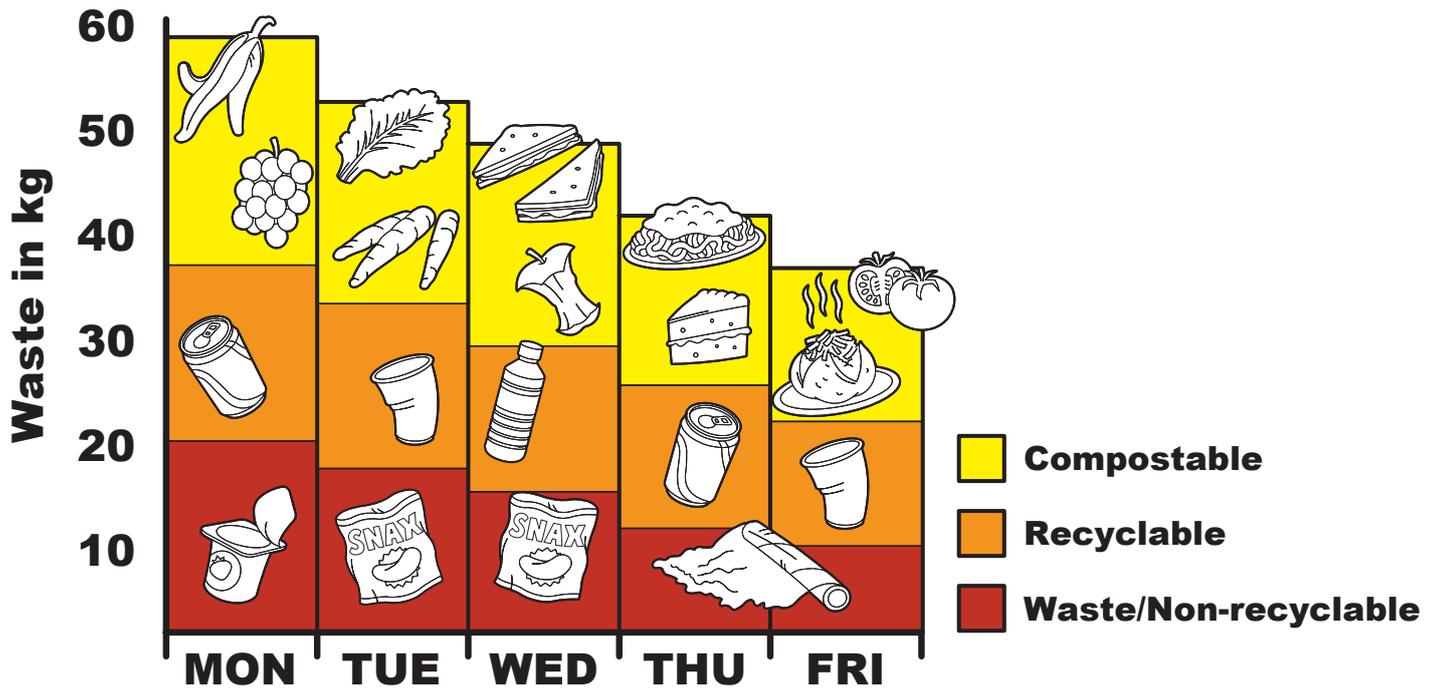


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Big bar chart Example



Here is an example of how you could present the information collected into a big bar chart. You can use the images to help illustrate this and make sure you annotate it with relevant labels.

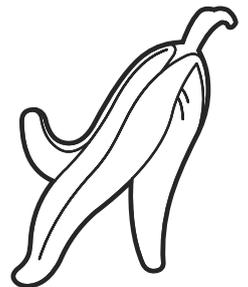
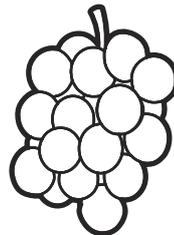
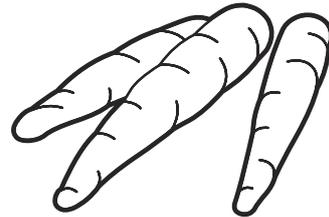
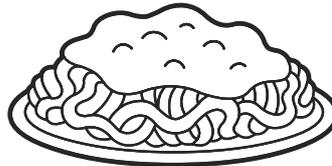
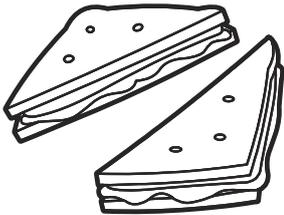
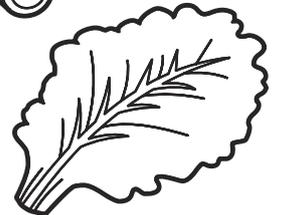
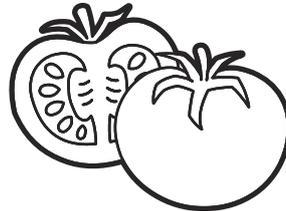
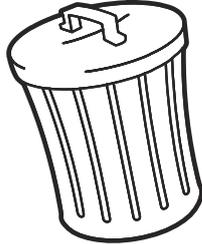
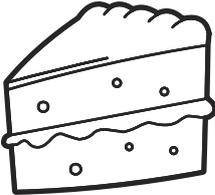
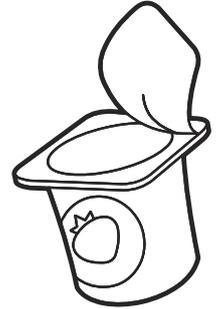
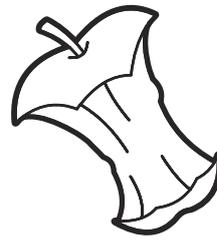
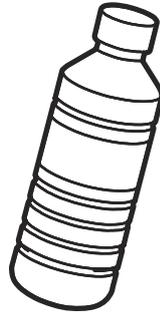
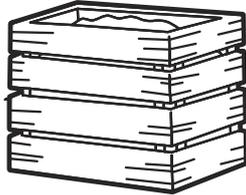
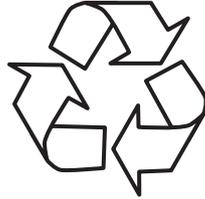




lunchtime crunchtime Icons



Here are some useful icons you can use for the bin signs, congratulatory posters and big bar chart. If you're feeling creative you can even draw your own.





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How To Record An Activity



Getting Started

You can introduce the topic to your students as part of a lesson. We have included some discussion points to consider above and provided lessons plans for 7-11 year olds and 11-14 year olds. The lesson plans provide class activity ideas and are linked to the curriculum.

As with all activities, please make sure you consider any potential health and safety issues.

Inputting Your Data

To gain a medal you need to submit your audits, blogs and lessons learnt to the Pod.

- First check that you're logged on – to add anything to the Pod website, you need to log on first. If you can't seem to access your audit (or see your activity blog), make sure you're signed in!
- Inputting audit data is simple. Navigate to the individual activity page (www.jointhepod.org/schools/pod-activities/waste/lunchtime-crunchtime/start-activity) and click on Start Activity. You'll be taken to an online audit page. This is where you'll enter the results of your audits. Make sure you have your first and last audit to hand.
- When you have entered all the information from your audit, click Submit Audit. This information is now stored.

Updating Your Blog

Once your start audit is complete and you've submitted this data to the Pod website, you're ready to start uploading things to your blog. Blog entries will count towards your final medal, so try to post at least a few different things during your campaign.

- To upload an item, visit your school page and click on Activity Blogs. You'll see a list of all blogs your school has started. Click on the blog you want, and then click on Add a Post.
- When you upload a post, you'll have to choose between a range of resource types. The resource types are: text, audio, video, image, written work and Lessons Learned report.



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How To Record An Activity



- If you wish to add comments to a blog, first find the entry you wish to comment on. Click on the Add comment link next to the post.

Lessons Learnt

When you come across a challenge or difficulty, it's a good idea to submit a Lessons Learned report. This means that if you face the problem again, you'll know exactly how to solve it! It also means that other schools can read your Lessons Learned report when they start the same activity.

- To submit a report, just choose 'Lessons Learned report' from the blog item list. You'll then be asked to type in answers to three questions:
- What was the biggest challenge you faced?
- How did you overcome this challenge?
- What advice would you give to other schools about this activity?
- It's a good idea to think about or even write down your answers first.
- Please create at least one Lessons Learned report at the end of the activity, even if you don't submit any during the actual activity itself.

Submitting Your Activity

After completing your final audit, log on to the Pod website and go to your activity page. Make sure you're happy with your activity blog, and check you've written at least one Lessons Learned report. You're now ready to submit your blog and put it forward for a medal.



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How To Record An Activity

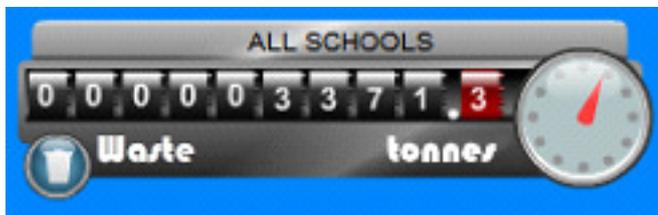


Click on Submit Blog, which will take you to the final audit page. This works in exactly the same way as the start audit page: fill it in then press Submit. Your activity has now been submitted and you will shortly hear which medal you have been awarded.

Pod-O-Meter And Medals

The results of your audits will be fed into your school's pod-o-meters, which can be seen on your school home page.

They will also be fed into the national pod-o-meters. These show the amount of carbon, energy, waste and water being saved by all schools in the UK using the Pod. They're displayed on the main pod-o-meter page.



pod-o-meter

Medals are awarded for how much you've managed to change your school. You'll be rewarded for what your final audit level is and how much you've improved. Your blog also counts towards to your medal – both the number of blog entries and the variety of entries. Will you earn gold, silver or bronze?



When you've won your medal, have a look at the national medals table. Is your school near the top?

Keep It Going

At the end of each activity, we ask you if you are able to keep up your good work.

Remember to appoint someone who will be responsible for monitoring how pupils act in the future. Add any changes in school behaviour to the school Eco-Code. This will ensure that your school continues to make savings and act sustainably.