



Thank you for joining and participating in Friends of the Earth's Plastic-Free Lunch Campaign Day of Action!

The Plastic-Free Lunch Day of Action campaign empowers students, parents, and teachers to effect positive change in their school community by raising awareness of single-use plastic pollution.

Three objectives:

Raise awareness about single-use plastic pollution.

Survey and compare how much single-use plastic is in your school (home, office) by conducting 1) a baseline survey, and 2) a Day of Action survey.

Share the results of your surveys with your school, Friends of the Earth, politicians, and the media.

In your resources toolkit you will find instructions for conducting a survey of single-use plastic waste from home lunches along with advice on how to share results to advocate for positive change.

Your free resources:

- Maya's Plastic-free Lunch Study ([poster 18x24 in](#)), ([flyer 8.5x11 in](#))
- Single-use Plastics [Survey Instructions](#)
- How to [Pack](#) a Plastic-Free Lunch
- Rice Krispies Squares [Recipe and Cost Comparison](#)
- Plastic Pollution in Canada [Infographic](#)
- [Sample letter](#) to send to the Minister of Environment and Climate Change and your local Member of Parliament.
- Media Launch [Article](#)

Watch your email for campaign updates.

