Friends of the Earth's Plastic-Free Lunch Campaign

Single-Use Plastic Lunch Survey

Three Objectives

- 1. To count and record single-use plastics from school lunch at campaign launch (the baseline)
- 2. To count and record single-use plastics from lunch on a "Day of Action" of your choice and compare to the baseline count
- 3. To discuss ways to reduce plastic in school lunches, promote action at school and share ideas for reducing single use plastic with your Members of Parliament and the Minister of Environment and Climate Change

Time

4-8 hours for planning, preparation and activity

Supplies

- CARDBOARD BOXES to collect and sort single-use plastic items
- Reusable GLOVES for participants
- **TONGS** to handle items (optional)
- TARP or dark coloured sheet to protect the floor and take photos
- MARKER & PAPER to make SIGNS for cardboard boxes
- SURVEY DATA SHEET
- CLIPBOARDS PENS or PENCILS to RECORD DATA
- CAMERA or PHONE to RECORD DATA and take PHOTOS or a VIDEO

Summary of Survey Steps:

- 1. **COLLECT** single-use plastics before disposal
- 2. **SORT** during or after COLLECTION
- 3. **COUNT** total items & items in each category
- 4. COLLECTION DATA
 - a. TALLY AMOUNTS on your DATA SHEET
 - b. Take **PHOTOS**
- 5. **TAKE ACTION** by writing to the Minister of Environment and Climate Change and your Member of Parliament about banning single-use plastics
- 6. SHARE your DATA and PHOTOS

Baseline Survey:

Preparation

- 1. **START** with a walk about the class or lunch room(s) before the survey day to **OBSERVE** and think about any **PREPARATION NEEDED**
- 2. MEET with teacher, principal, or custodians to GET APPROVAL for the project and SET A DATE
- 3. Plan a **SORTING STATION** to collect **SINGLE-USE PLASTICS** (ask students to deposit only single-use plastics in COLLECTION box)
- 4. MONITOR STUDENT(S) can help students decide what goes in the COLLECTION box

Survey Day

Before Lunch	During Lunch	After Lunch	
5. Set up SORTING STATION with labelled	6. Monitor students can guide students to the	7. Lay out the tarp on the floor and re-sort items	
boxes	sorting station before	into categories and	
	they leave the room	subcategories 8. Record counts on the Data Sheet (On Page 5)	

Take Photos! 📸

- 9. **GROUP** the items by category
- 10. **PHOTOGRAPH** categories first (e.g. straws, milk cartons, yogurt cups, etc.), then photograph the entire **COLLECTION**
 - Note the PHOTO ANGLE (shoot photo from above)
- 11. Turn products to show **BRAND LOGOS**

Clean Up

- 12. **PICK UP** all items and put them in the appropriate waste, recycling or compost bins
- 13. **REMOVE** the tarp and clean the floor
- 14. Check with the **CUSTODIANS** to ensure **CLEAN UP** is finished
- 15. THANK your custodians





Activities Between the Two Surveys:

Classroom Activities:

- 1. **Discuss** plastic-pollution-related topics.
- 2. Watch educational videos.
 - Suggested Examples:
 - <u>Microplastic Madness movie by Cafeteria Culture</u> (https://www.cafeteriaculture.org/microplastic-madness.html)
 - <u>PLASTIK: A Short Film to End Plastic Pollution in South-East Asia</u> (https://www.meshminds.com/plastik)
 - <u>The Recycling Myth: What actually happens to our plastic</u> (https://www.youtube.com/watch?v=kXpzWWv0b0U)
- 3. **Create** your own plastic-pollution-related poster. Suggested Examples:
 - Poster 1
 - Poster 2

Day of Action Survey:

Repeat Survey during the Day of Action Against Single-use Plastics:

- 1. REPEAT the SURVEY steps
- 2. **COMPARE** with baseline **DATA** from first survey
- 3. **SUBMIT** your data via <u>our online form</u>
- 4. Use your **PHOTOS** and **DATA** to prepare a report for students, teachers and the local **PRESS MEDIA**



Take Action with your School Community

- 5. Discuss how to permanently eliminate these single-use plastic items
- 6. Compare the number of single-use plastics items from each survey. (The **Baseline Survey** and The **Day of Action Survey**)
- 7. Share *before* and *after* numbers with your school community to inspire school-wide change
- 8. Make a poster with drawings, photos, and compelling data
- 9. Make a short video
- 10. Present data and outcomes in morning announcements or school assembly

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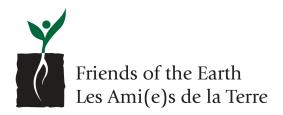
- 11. Prepare a letter to the Minister of Environment and Climate Change and your Member of Parliament, including photos from Survey Action and your poster
 - Ask other students to sign the letter too
- 12. Share a copy of your letter, poster and video with Friends of the Earth Canada (foe@foecanada.org)

Terminology

- **Single-use plastic:** a plastic item or packaging that is used once and then thrown away
- ★ Survey: a collection of facts
- ★ Baseline data: data or a count that is collected before the Day of Action in order to consider the change in behaviour during Day of Action
- ★ Data sheet: paper or electronic form to gather your counts and descriptions



This survey has been adapted from Cafeteria Culture, with thanks!



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Single-Use Plastic Lunch Survey Data Sheet

School:	Teacher/Grade:		
Lunch Period(s):	Number of Students:		
Date of Baseline Survey:	Date of Day of Action Survey:		
What single-use plastics are in y	our lunch?	Baseline Survey	Day of Action Survey
1. # of plastic bags (baggies, ziplocks, store bags, other)			
2. # of plastic packets (soy, mayo, ketchup, jam, honey)			
3. # of plastic drinking cups			
 4. # of plastic utensils (spoon, fork, spork, knif *count wrappers separately 	e)		
5. # of plastic straws *count wrappers separately			
6. # of plastic wrappers (utensils, straw, other wrapper)			
7. # of plastic milk cartons (single serve)			
8. # of plastic juice boxes or pouches *count straws and wrappers separately			
9. # of plastic drink bottles (water, soda, sport	drink, other)		
10. # of plastic lids and caps			
11. # of plastic prefilled food cups (pudding, applesauce, fruit, yogurt, jello, other)			
12. # of plastic squeeze pouches			
13. # of chips, snack bags, candy wrappers			
14. # of plastic snack packs (cheese sticks, cheese or crackers, other)			
15. #			
16. #			
17. #			
TOTAL # of SINGLE-USE PLAST	IC ITEMS		