



Friends of the Earth's Plastic-Free Lunch Campaign

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 trash.

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

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

Below 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:

Main Resources:

- Single-use Plastics [Survey Instructions](#)
- How to [Pack](#) a Plastic-free Lunch

Additional Resources:

- Maya's Plastic-free Lunch Study ([poster 18x24 in](#)), ([flyer 8.5x11 in](#))
- 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.



Friends of the Earth
Les Ami(e)s de la Terre