



EARTH DAY LITTERLESS LUNCH CHALLENGE

The theme of Earth Day 2024 is to reduce our reliance on the production and use of all plastics, especially all single use plastics. At AITC-M, our focus is on teaching you where our food comes from and the important role that farmers in MB play in providing us and the world with healthy food to eat.

In support of Earth Day 2024, we would like to combine both and challenge students and teachers to also think about how the food they eat, and the beverages they drink every day are packaged. We invite you and your students to participate in the **AITC-M Earth Day Litterless Lunch Challenge**.

TEACHER TIP!

Here's more information on [why and how plastics pose a global threat to our environment](#).

LESSON PLAN

Here's what you can do (start this the week before Earth Day on April 22):

- Beforehand, visit [EarthDay.org](https://www.earthday.org) to learn more about the problems with plastics. Share some of that information with your students.
- Brainstorm with your class whether they think that they have a role in helping to reduce our use of plastics and if so, what can they do?
- Focus now on the kinds of things that they like to bring for lunch (no judgements).
- Are there single use plastics? (bottled water, Ziplocs, plastic wrap, baggies, plastic cutlery, other)
- What about other single use materials (foil, paper, other)?
- Look for suggestions for alternatives and record and post their ideas (reusable water bottles, reusable lunch boxes and bags, washable plastic containers for snacks, fruit, sandwiches, etc...).
- Be sure to acknowledge that we may need to make some hard choices (no more disposable Lunchables) and do a little extra work in some cases (pack our own food and wash out containers). Helping the planet isn't always easy but it's important!
- Who packs your lunch? Can you get involved or help whoever gets your lunch ready? You will need to ask for help from your parents to be successful (send home a brief note of explanation of what the Litterless Lunch Challenge is).

Single Use Plastics



Alternatives!



THE CHALLENGE

- For Earth Day on April 22, 2024, challenge your students to bring a litterless lunch.
- Teachers can model this by participating as well and highlighting what they did to meet the challenge.
- Optional self-evaluation to see how you did (see attached evaluation form on p.3)

MATERIALS NEEDED

- Access to a computer and projector to review Earth Day website
- Chart paper and pens for brainstorming
- A “can-do” attitude!

FOLLOW-UP & REFLECTION

- Group sharing on how we think we did?
- What were the challenges/obstacles, and can they be overcome? How?
- Now what? Where do we go from here? How can we build on this? (see extensions)
- Make sure there is no shaming and to encourage all efforts in the right direction.

EXTENSION

- Challenge your students to do it for an entire school week, month or longer!
- Get your students to challenge your entire school.
- Create a bulletin board outside your room highlighting Earth Day’s Planet vs. Plastics initiative and your Litterless Lunch challenge.
- Get them to create a presentation to deliver to other classes, over announcements or during a special assembly.
- Make this something you do at the start of every school year and not just on Earth Day.
- Start an “Earth Club” at school to highlight other positive environmental activities.
- [Research alternatives to plastic](#)
- Organize a neighbourhood clean-up (youngest students stay in the school yard while older classes can venture out into the neighbourhood. Stress safety, adult supervision and to avoid touching any sharps.
- For non-edible, vegetable waste (peels, cores, stems, etc...) introduce composting and discuss different methods including [Vermicomposting](#). Create a poster of what can and cannot be composted using cut up food flyers.

SUGGESTED BOOKS

- What a Waste: Trash, Recycling and Protecting our Planet by Jess French
- Compost Stew An A to Z Recipe for the Earth by Mary McKenna Siddals

SUGGESTED VIDEOS

- Litterless Lunch Challenge
<https://www.youtube.com/watch?v=cq4FHuEq5s>
- Rebecca & Erin’s Litterless Lunch Picks for Kids
<https://www.youtube.com/watch?v=VtaUgjnQRs8>
- Waste Free Lunch
<https://www.youtube.com/watch?v=mu5nUPEyodk>
- How Plastic Hurts the World
<https://youtu.be/VUUUxOl715s>
- Kid Explains the Solution to Plastic Pollution
<https://www.youtube.com/watch?v=hKWwKD2jiUY>

STUDENT SELF-EVALUATION FORM

Have a look at your lunch and answer the following questions.

1. Did I have to throw anything into the garbage?

Yes

No

2. If Yes, what was it?

3. What could I change to make my lunch litterless?

4. What was challenging for me?

5. What score would I give myself out of 5?



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