



WE DISCOVER, WE GROW

Girlguiding

Hersham District



Plastic Free Planet



@PlasticFreePlanetUK



A challenge created by
Girlguiding Hersham supporting
the Surfers Against Sewage



@GirlguidingHersham

Introduction & Leader Information

This challenge is split into three sections:

1. Understanding Plastic
2. Protecting the Environment
3. Making a change

We have sourced badges that are 100% cotton; no polyester thread was used so they are plastic free.

All packaging used to post badges will be recycled paper or reused plastic.

10p from every badge will go to:



Most of the suggestions are suitable for all sections, alternatives have also been given on how they could be adapted. Please feel free to adapt them to suit the needs of your unit.

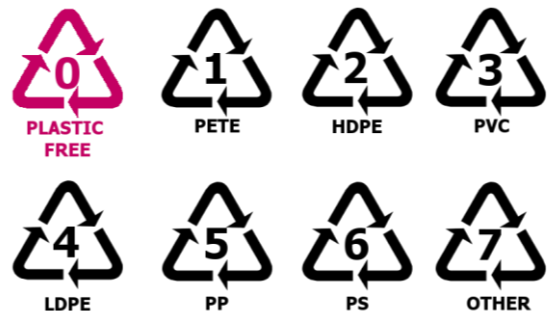
Try not to purchase anything new to complete the activities.

Please be mindful that girls are not in control of their shopping and parents may not take kindly to their children refusing to use a plastic toothbrush!

The focus is about awareness and how small, manageable changes that make a big difference

Why 'Plastic Free Planet'? - we don't mean a world without plastic - we mean a planet that is not affected by our plastic use.

The badge has been designed with a plastic classification symbol containing a '0'. This is to represent that if you have a choice, zero plastic is the best option.



Interest Badge Links:

- Rainbows:** Recycling & Helper
- Brownies:** Zero Waste & Speak Out
- Guides:** Campaigning, Conscious Consumer & Upcycling
- Rangers:** Morals and Values & Protesting

Skills Builder Links:

Take Action: Make Change
Stages 1,2,3,4,5,6

To complete the challenge, we recommend:

Rainbows & Brownies complete 2 tasks from each section.

Guides & Rangers 3 tasks from each section.

Understanding Plastic

Complete two or more of the following activities to understand plastic:

1. What is plastic
 - a. Discuss what plastic is, how long it has been around and where we use it in our lives.
 - b. Organise a plastic vs non-plastic sorting activity - see resource section
2. Recycling Plastic - see resource section
 - a. Talk about how plastic can be recycled and your local recycling.
 - b. Introduce the symbols used to distinguish different types of plastic and sort real plastic using the symbols - see resource section
 - c. Find out about your local recycling facilities
3. Hands on recycling - Find your local recycling bins; a collection of bins can often be found at supermarkets and community centres. Take a wide variety of recycling (not just plastic) and ask girls to sort and put in the containers.
4. How is plastic recycled - learn how plastic can be recycled into other items.
5. Reusing our plastic
 - a. Think about other ways to recycle plastic yourself
 - b. Create something using plastic (see resource section for ideas)
6. Play a game of 'Plastic Bingo' - there are sheets in the resources

Plastic just means 'mouldable'. So anything that can be moulded is technically a plastic (even wax and clay). However, we generally know 'plastic' to be the stuff used to make bottles, carrier bags, toys etc.

These types of plastic are usually made from petrochemicals; oil to you and me. Although it is an amazing material with hundreds of incredible uses the issue with plastic is twofold; firstly, oil is a finite resource which we will eventually run out of and secondly plastic not quickly biodegradable.

Unit Meeting Activity Links

| | |
|-----------|--|
| Rainbows | Take Action: Ready Set Recycle Take Action: Waste of time |
| Brownies | Take Action: Unfantastic Plastic Take Action: Trash Fashion Have Adventures: Bottle Mansions |
| Guides | Take Action: Packaging Puzzle Have Adventures: Plastic Planting |
| Rangers - | Skills for my future: Plastic Fantastic |

REMEMBER TO ALSO LOOK AT NEWLY RELEASED UMAs

Useful Websites

www.recyclenow.com

How are plastics recycled:
<https://www.youtube.com/watch?v=4dz1BLdPsFY>

Recognising what can be recycled (on Label):
https://www.youtube.com/watch?v=_Uf_sqN77ml

Protecting the Environment

This section deals with the issues surrounding plastic which has not been recycled and has made its way into the environment.

Complete two or more of the following activities about protecting the environment:

1. What are the effects on the environment? - Talk about whether the girls have seen plastic in the local area, what are their feelings about this and do they know how it can affect wildlife and even humans?
2. Organise a litter picking activity in your local area - contact your council as they might run an event for you or provide equipment
3. Design a poster to stop littering
4. Play a game of 'Plastic Facts' - this can be found in the resources
5. Learn about the global issues caused by plastic- there are lots of online campaigns, videos, images and information.
6. Play 'Save the Turtle' in the resources section
7. Learn to fold a crisp packet
8. Complete our environmental Word search or crossword

Useful Websites

<http://www.keepbritaintidy.org>
<http://www.worldoceansday.org/>
 Surfers against Sewage:
<https://www.sas.org.uk>
 Marine Conservation Society
<https://www.mcsuk.org>

Unit Meeting Activity Links

| | |
|-----------------|--|
| Rainbows | Take action: Rainbow Survey Take action: Helping Hands Take action: Who can Help |
| Brownies | Take action: All creatures great and small Have Adventures: Frog, Fox, Flea |
| Guides | Take Action: To flush or not to flush Take Action: Go Wild Take Action: Litter Lotto |
| Rangers | Take Action: Converse to Reverse |

REMEMBER TO ALSO LOOK AT NEWLY RELEASED UMAs

Unless it is burnt, plastic is here for a very long time. A drinks bottle can take anywhere from 500 - 1000 years to degrade.

Although littering in general is bad, most other forms of waste will eventually biodegrade in our lifetime. Plastic may break up into smaller pieces, but they will not truly disappear.

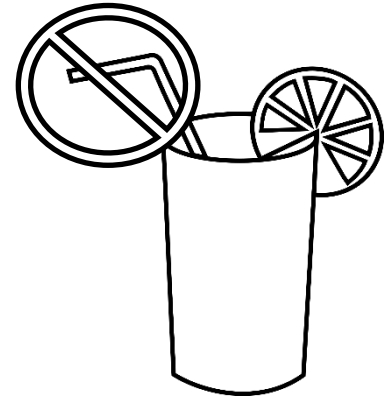
Making a Change

Stopping the use of plastic altogether is not going to happen. A lot of plastics have their place in providing useful alternatives to heavier or more costly products (50% of most cars are plastic).

What we can do is understand the small changes everyone can make to reduce the plastic we use and to help the environment.

Complete two or more of the following activities about making a change:

1. Talk about how we could use less plastic.
 - Why do we use so much plastic?
 - Do we NEED so much plastic?
 - What could we live without?
2. Design a REDUCE, REUSE, RECYCLE poster
3. Discuss alternatives such as using metal, glass paper and material.
4. Make a pledge or start a campaign to stop using a plastic item - there is a simple poster in the resources, but girls could design their own.
5. Make alternatives to commonly used plastic or plastic wrapped items. You will find ideas and instructions in the resources
6. Take a trip to a local shop or supermarket. See if they can find zero-plastic alternatives to products they like. Or ask them to make new choices based on what they have learnt about recycling.



Unit Meeting Activities Links

- Rainbows** - Take Action: Rainbow Recycling Centre
- Brownies** - Take Action: Super Brownies
- Guides** - Skills for my Future: Patch up Plastics
Skills for my Future: Do it Yourself
Express Myself: Macrame
Express Myself: Bowled Over
- Rangers** - Take Action: Converse to Reverse

REMEMBER TO ALSO LOOK AT NEWLY RELEASED UMAs!

Focus on small changes that can make a big difference.

“It’s just one straw”
- said 8 billion people

Useful Websites

<https://lessplastic.co.uk/>

<https://www.greenpeace.org.uk/9-ways-reduce-plastic-use/>

SECTION 1 - Resources

What is Plastic?

Where does it come from and what it is made of?
Commonly used plastics are man-made (they are not naturally occurring).

It is made from crude oil - a natural resource that is used for petrol, diesel, aviation fuel. Oil is found in the ground, it is the result of vegetation that has been compressed within rock for millions of years.

Has there always been plastic?

Many children will not know that plastic is a relatively new material. The first plastics were made in 1907 but didn't come into mainstream use until the 1960's.

Where it is used?

It is often overlooked that plastic is used in cars, window frames, drainpipes, computers, mobile phones etc.

Plastic Sorting Activity

Bring a selection of items that are plastic (or contain plastic) and non-plastic. In small groups and ask them to sort them into the two groups.

Make sure you include items that will surprise them.

Which did they get right?

What surprised them?

Yes! Teabags contain up to 20% plastic used as a sealant and chewing gum is made of the same plastic as carrier bags, yuk!



Plastic:

Straw, bottle, toothbrush, a toy, glitter, yoghurt pot, item made of fleece, plastic carrier bag, cling film, Tupperware pot, a beany toy, synthetic scarf, paper coffee cup, teabag, acrylic paint, PVA glue, chewing gum, any fruit or veg with a sticker on it.

Non-plastic:

Compostable bag, jam jar, pencil, toilet roll, a wool scarf or socks, paper, tin foil, bamboo skewer, cotton t-shirt

Sort just the plastics in to those used once and those used multiple times.

This introduces the concept of 'Single use plastics' - Straw, bottle, glitter, yoghurt pot, carrier bag, teabag are all things that people often only use once before they are thrown away.

Rainbows

Have an equal number of items as girls, hand one to each person and ask them to sort themselves into two groups.

Brownies

Make sorting the items into a race between small groups.

Guides

Ask them to separate into single use plastics into a separate pile as they go along

Rangers

Include more 'adult' items such as tampons and pads, cotton buds etc.

SECTION 1 - Resources

Plastic Recycling

What is recycling?

Do their families recycle?

Which plastics can be recycled?

Almost ALL plastics can be recycled -some are not easily recycled so are deemed 'unrecyclable'.

Your local council will have resources available about recycling locally - see if you can get leaflets.

Can everyone in the UK recycle the same things?
Some local councils are not able to offer a wide range of recycling services. Manchester City Council only collect only plastic bottles whereas Bournemouth Borough Council collect all bottles, food containers and Tetrapak drinks cartons.

Why can different places can recycle more than others?

Local councils are restricted by money and how close they are to a local recycling plant

Recycling Plastic Activity

Bring a large selection or ask your unit to collect different types of clean plastic

Try to Include:

Biscuit wrapper, crisp bag, yoghurt pot, water bottle, clean CLEAR food tray, clean BLACK food tray, cling film, clear film (used on food tray), drink carton, plastic bag, toothbrush, straw, disposable coffee cup, biro, plastic toy, milk bottle, toothpaste tube, polystyrene, CD, black flower pots

This activity aims to introduce different types of plastic and how to identify them.

In the resources there are several versions of '[Recycling symbols and common uses of plastic](#)' at the end of this page.

In small groups ask the girls to look for symbols or any other clues as to what type of plastic each item is made of.

Ask them:

Was it easy? - If not, why not

Do they think we use too much plastic?

Do we NEED to use all this plastic?

Are they surprised by anything?

What things could we stop using?

Rainbows

Just have items you would find in a lunch box: plastic bottle, juice & straw, packet of crisps, yoghurt, cling filmed sandwiches

Brownies

If you can provide a few magnifying glasses, ask the girls to become 'plastic detectives' searching for clues














Guides

Use the blank resource sheet to ask the girls to see if they know what can be recycled and IF it is recycled in your area.

Rangers

Use the blank resource sheet or ask them to find out themselves if they have access to a computer.















Recycling symbols and common uses of plastic [Leader info]

| Symbol | Polymer Type | Examples | Recyclable | Recycled uses |
|--|--|---|---|--|
|  PETE | PET Polyethylene Terephthalate | Usually clear or green. Soft drink bottles, Mineral water, Fruit juice containers and cooking oil | Yes - Collected by 92% of local councils. Check your local recycling | Recycled PET is generally used in fabrics such as fleece, strapping and carpets. New technology allows PET to be recycled into new food packaging |
|  HDPE | HDPE High Density Polyethylene | Milk bottles, cleaning products, shampoo bottles, washing and shower soaps. | Yes - Collected by 92% of local councils. Check your local recycling | They are recycled into garden furniture, litter bins and pipes. New technology allows HDPE to be recycled into new milk bottles. |
|  V | V Polyvinyl Chloride | Window frames, drain pipes, shower curtains, clothing, toys, large squash bottles. | Yes - but not generally collected with household waste - Check recycling centres | PVC use in packaging is in decline |
|  LDPE | LDPE Low Density Polyethylene | Carrier bags Squeezable bottles, shopping bags, carpet, food wrapping | Carrier bags are collected by some supermarkets and recycled into low-grade uses such as bin bags. Not generally collected from households for recycling. However, mixed plastic recycling is expected to be under way within five years. | Recycled into low-grade uses such as bin bags. Not generally collected from households for recycling. However, mixed plastic recycling is expected to be under way within five years |
|  PP | PP Polypropylene | Furniture, toys, Soup pots, margarine tubs, most bottle tops, waterproof clothing, carrier bags | Not generally collected for household recycling | However, mixed plastic recycling is expected to be under way within five years. |
|  PS | PS Polystyrene | Toys, hard packing, CD cases, vending cups, food trays | Not generally collected from households for recycling. | |
|  OTHER | OTHER All other resins and multi-materials including acrylic, nylon, fiberglass | | Not generally collected from households for recycling. | |
| Other symbols you might see |  Widely Recycled  Check Locally  Not Yet Recycled  Widely Recycled  Not Yet Recycled  The Green Dot does not necessarily mean that the packaging is recyclable, will be recycled or has been recycled. It is a symbol used on packaging and signifies that the producer has made a financial contribution towards the recovery and recycling of packaging. | | | |

Recycling symbols and common uses of plastic

| Symbol | Clues | Recyclable | Can it go in My recycling? |
|---|--|---|---|
|  PETE |  Water bottles |  | In most places |
|  HDPE |  Milk bottles |  | In most places |
|  V |  Drainpipes |  | Not in normal recycling |
|  LDPE |  Plastic bags |  | Usually not in your recycling bin BUT Supermarkets often collect plastic bags for recycling |
|  PP |  Yoghurt pots |  | In some places |
|  PS |  Polystyrene packing |  | No |
|  OTHER |  CDs |  | No |

Recycling symbols and common uses of plastic

| Symbol | Clues | Recyclable | Can it go in My recycling? |
|--|--|------------|----------------------------|
|  PETE |  Water bottles | | |
|  HDPE |  Milk bottles | | |
|  V |  Drainpipes | | |
|  LDPE |  Plastic bags | | |
|  PP |  Yoghurt pots | | |
|  PS |  Polystyrene packing | | |
|  OTHER |  CDs | | |

SECTION 1- Resources

How is plastic recycled?

Where does our recycling go?

Your local council will have resources available about recycling facilities locally - see if you can get leaflets or a visit from an environmental representative?

BUT - Did you know approximately 3 million tonnes of UK waste is shipped abroad each year? - We do not know what happens to it or the conditions people work in if and when it is recycled. A lot of it is dumped because it is contaminated with food / nappies etc.

How is plastic recycled?

When plastic is recycled it is made into another plastic item.
The Recycle Now website has video links.

Water bottles = carpet and fleece
Shampoo bottles = garden furniture
Shopping Bags = black bin bags

Should we use more plastic if it can be recycled?

Although recycling is good, plastic can only be recycled a few times - then it will have to be thrown away into landfill.

Reuse BEFORE Recycle

Recycling starts at home when you **REUSE something**.
Donating to charity shops as a form of recycling.

Here are some craft ideas which make use of plastic, they can all be found online:

Plastic Bingo

Recommended for Brownies and above

Use the printable bingo sheets on the next 2 pages to provide one grid for each girl.

Write the 16 'call words' on separate pieces of paper and fold them up to conceal the word. Pick words at random 'out of the hat' asking the girls to cross them off their grid. The first to get a row of 4 should shout 'BINGO!'

Call Words: Cling Film, Water Bottle, Yoghurt Pot, Cotton Bud, Crisp Packet, CD, Bag, Pen, Glitter, Chewing Gum, Bottle Top, Toothbrush, Glow Stick, Baby Wipe, Coffee Cup, Straw

- Plastic bottle birdfeeder
- Plastic bottle bug house
- Plastic bottle Christmas decorations
- Decorate a plastic bottle and use as a plant pot
- Plastic bottle wind spirals
- Plastic bottle Fairy houses
- Plastic bottle Poppy day flowers
- Bottle top noughts and crosses
- Plastic bottle skittles
- Weaving with crisp packets
- Plastic bag bracelets
- Crisp packet bows
- Iron together plastic bags to make 'fabric'

| | | | |
|--------------|--------------|------------|------------|
| Cling film | Water Bottle | Yogurt pot | Cotton Bud |
| Crisp packet | CD | Bag | Pen |
| Glitter | Chewing Gum | Bottle top | Toothbrush |
| Glow Stick | Baby Wipe | Coffee Cup | Straw |

| | | | |
|------------|--------------|-------------|--------------|
| Yogurt pot | Cotton Bud | Toothbrush | Bottle top |
| Glitter | Water Bottle | CD | Crisp packet |
| Pen | Straw | Chewing Gum | Glow Stick |
| Bag | Baby Wipe | Coffee Cup | Cling film |

| | | | |
|--------------|--------------|------------|------------|
| Water Bottle | Crisp packet | Toothbrush | Bag |
| Straw | Cotton Bud | Glitter | Glow Stick |
| Baby Wipe | Bottle top | CD | Coffee Cup |
| Pen | Chewing Gum | Cling film | Yogurt pot |

| | | | |
|------------|--------------|-------------|--------------|
| Pen | Baby Wipe | Chewing Gum | Bottle top |
| Toothbrush | Cotton Bud | Yogurt pot | Crisp packet |
| Glitter | Water Bottle | Straw | Glow Stick |
| Cling film | CD | Bag | Coffee Cup |

| | | | |
|--------------|------------|--------------|------------|
| Cotton Bud | Bag | Chewing Gum | Baby Wipe |
| Glow Stick | Pen | Water Bottle | Yogurt pot |
| Crisp packet | Cling film | Toothbrush | Bottle top |
| Straw | Coffee Cup | Glitter | CD |

| | | | |
|--------------|-------------|------------|--------------|
| Water Bottle | Baby Wipe | CD | Bottle top |
| Cotton Bud | Glow Stick | Cling film | Yogurt pot |
| Bag | Straw | Glitter | Crisp packet |
| Pen | Chewing Gum | Toothbrush | Coffee Cup |

| | | | |
|---------------------|--------------|-------------------|----------------|
| Glow Stick | Chewing Gum | Bottle top | Glitter |
| Bag | Straw | Baby Wipe | CD |
| Cling film | Cotton Bud | Pen | Toothbrush |
| Water Bottle | Coffee Cup | Yogurt pot | Crisp packet |

| | | | |
|------------------|--------------|-------------------|---------------------|
| Baby Wipe | Pen | Bottle top | Chewing Gum |
| Crisp packet | Toothbrush | Glitter | Glow Stick |
| Yogurt pot | Bag | CD | Coffee Cup |
| Cotton Bud | Straw | Cling film | Water Bottle |

| | | | |
|---------------------|--------------|-------------------|----------------|
| Glow Stick | Chewing Gum | Bottle top | Glitter |
| Bag | Straw | Baby Wipe | Pen |
| Cling film | Cotton Bud | CD | Toothbrush |
| Water Bottle | Coffee Cup | Yogurt pot | Crisp packet |

| | | | |
|------------------|--------------|-------------------|---------------------|
| Baby Wipe | Straw | Bottle top | Chewing Gum |
| Crisp packet | Toothbrush | Glitter | Glow Stick |
| Yogurt pot | Bag | CD | Coffee Cup |
| Cotton Bud | Pen | Cling film | Water Bottle |

| | | | |
|-------------------|--------------|-------------------|---------------------|
| Glow Stick | Chewing Gum | Bottle top | Glitter |
| Bag | Straw | Baby Wipe | Pen |
| Cling film | Cotton Bud | CD | Toothbrush |
| Crisp packet | Coffee Cup | Yogurt pot | Water Bottle |

| | | | |
|------------------|----------------|-------------------|---------------------|
| Baby Wipe | Glitter | Bottle top | Chewing Gum |
| Crisp packet | Toothbrush | Straw | Glow Stick |
| Yogurt pot | Bag | CD | Coffee Cup |
| Cotton Bud | Pen | Cling film | Water Bottle |

SECTION 2 - Resources

What are the effects of plastic?

Have you ever seen plastic in the local environment?

Have they seen it in woodlands or natural areas?
Think about beaches they may have visited?

What have you seen?

Plastic bags, bottles, crisp packets, chewing gum etc.

Do they know how it can affect wildlife and even humans?

Guides and Rangers might wish to touch on the effects of plastic leaching - the chemicals which are produced when plastic breaks down.

Ask how they feel about seeing discarded rubbish



Not all litter is caused by us - the wind can blow litter from bins and landfill.

Learn to fold or knot crisp packets so they won't blow away!

Global Issues

For any of the sections to truly understand the global issues faced they will have to see the problem. There are a lot of resources available online to show you unit. Try to include: Landfill, piles of plastic bottles, images of animals affected by plastic waste.

Useful Links:

www.oceancrusaders.org is a great online resource. Their PDF is freely available and contains images you could share with the girls to show problems faced: [Ocean Crusaders PDF](#)

There are a lot of videos online that you could share with your group.

www.plasticoceans.org - This organisation has produced an inspiring film on the impact of plastic on marine life. This is available in 22min and 100 min format.

The trailer can be watched here:
[Plastic oceans trailer](#)

8th June is 'World Oceans Day'

Play Save the Turtle

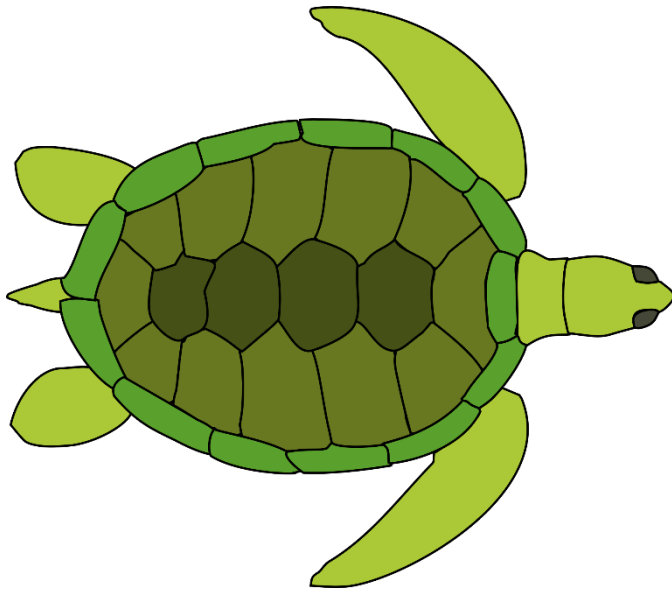
This is like a 'Beetle Drive'. It is most fun using real plastic items, but can be done with just a pencil and paper.

Print and cut a turtle for each person or cut an outline on plain paper they could colour.

Each girl will need 6 different items of single use plastic rubbish such as - straw, cotton bud, plastic bottle, small piece of cling film, crisp packet, plastic spoon. These should be piled up on their turtle.

In groups ask the girls to take turns to roll a dice. Each time they get a number they can remove one piece of plastic, the person to remove all 6 first is the winner.

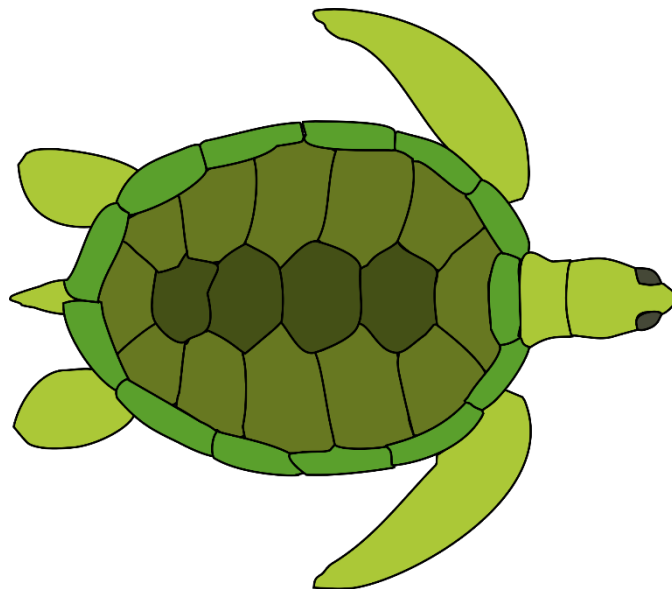
Variation: Add multiples of certain items such as 4 straws, 2 bottle etc.



Save the Turtle

Roll a Number: Remove the Plastic:

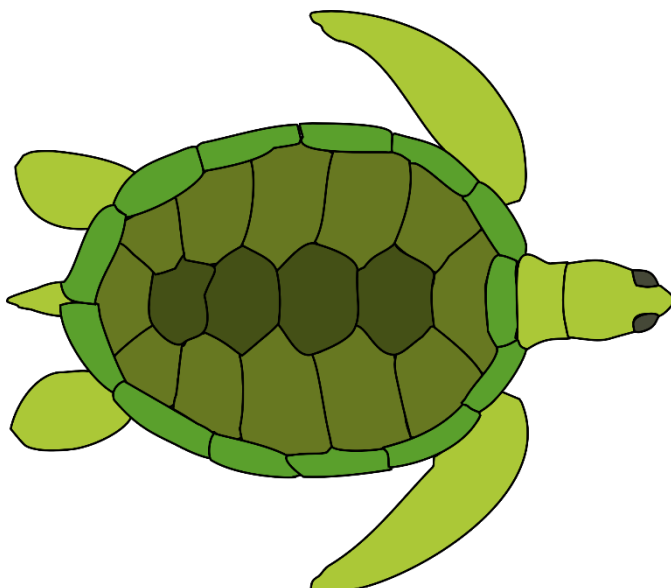
- | | |
|---|--------------|
| 1 | Straw |
| 2 | Cotton bud |
| 3 | Bottle |
| 4 | Cling film |
| 5 | Crisp packet |
| 6 | Spoon |



Save the Turtle

Roll a Number: Remove the Plastic:

- | | |
|---|--------------|
| 1 | Straw |
| 2 | Cotton bud |
| 3 | Bottle |
| 4 | Cling film |
| 5 | Crisp packet |
| 6 | Spoon |



Save the Turtle

Roll a Number: Remove the Plastic:

- | | |
|---|--------------|
| 1 | Straw |
| 2 | Cotton bud |
| 3 | Bottle |
| 4 | Cling film |
| 5 | Crisp packet |
| 6 | Spoon |

Can you find the words?

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| e | a | r | t | h | a | b | k | e | q | f | d | i | j |
| i | h | u | e | f | g | h | o | s | c | r | q | g | u |
| m | g | b | n | c | w | p | l | a | n | e | t | r | l |
| b | r | b | v | s | v | l | k | b | y | e | h | p | v |
| d | m | i | i | u | n | a | p | g | f | i | r | d | l |
| t | d | s | r | a | x | s | r | a | o | c | e | a | n |
| u | j | h | o | r | k | t | t | e | i | e | u | l | j |
| t | k | j | m | g | v | i | o | l | x | d | s | s | b |
| o | f | r | e | d | u | c | e | k | o | y | e | u | e |
| w | e | n | n | c | i | m | c | g | b | v | s | d | a |
| b | g | p | t | e | r | e | c | y | c | l | e | p | c |
| q | i | u | k | r | t | n | t | c | m | p | e | s | h |
| a | o | n | q | y | z | e | r | o | l | s | t | u | t |

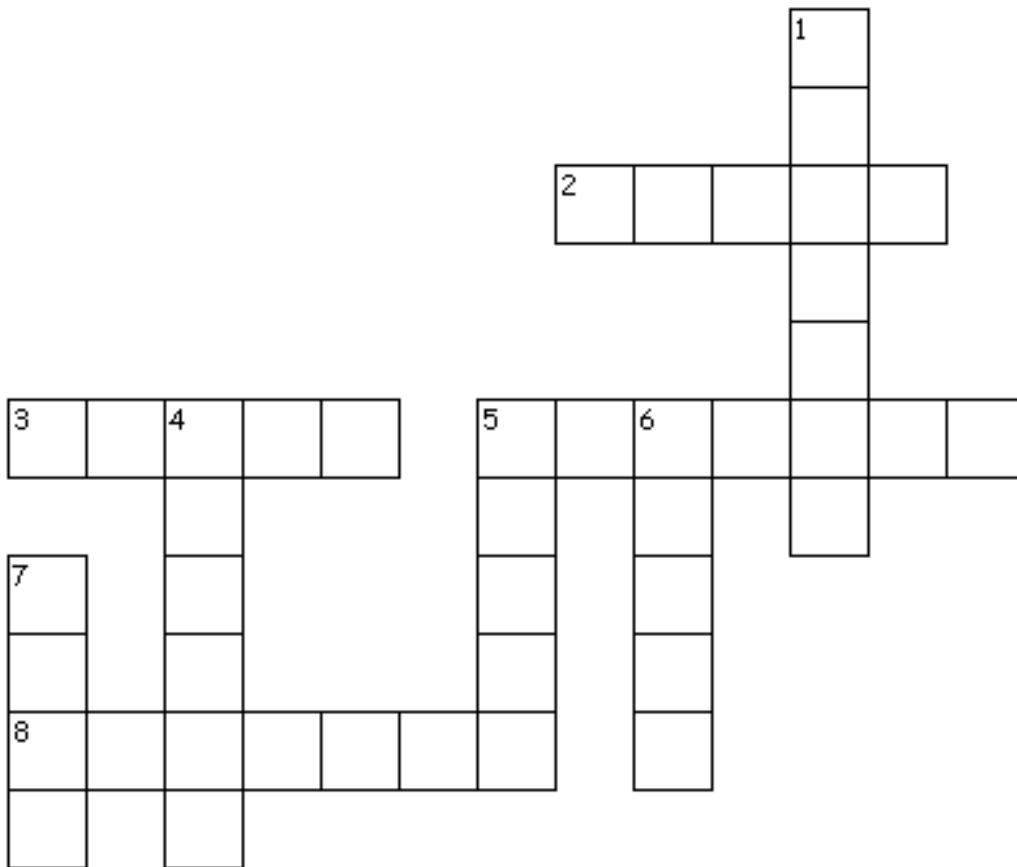
earth
rubbish
free
love

reuse
reduce
recycle
environment

zero
ocean
bin

plastic
beach
planet

Can you work out the clues?



Across

2. Big blue part of our planet
3. The planet we call home
5. Litter
8. Turn something into something else

Down

1. Makes lots of useful things, but doesn't disappear easily
4. Using less
5. When you use it again
6. Where a lot of plastic washes up
7. Nothing

Plastic Facts:

| | |
|---|--|
| Nearly all plastic can be recycled | TRUE We just <u>don't</u> / <u>cannot</u> recycle it |
| It takes 500-1000 years for a piece of plastic to disappear | TRUE |
| 5 million plastic bags are used worldwide every year | FALSE 500 Million are used |
| 1 fleece jacket can be made from 20 plastic lemonade bottles | TRUE |
| There is more plastic in the sea than fish | FALSE Not yet, but there will be in 30 years (if we don't stop plastic pollution) |
| Half of all plastic is only used once | TRUE |
| 1 million plastic bottles are used in the world every minute | TRUE |
| 1 million tonnes of plastic goes into the sea every year | FALSE It is in fact 8 MILLION |
| Everything EVER made of plastic is still on the planet (unless it has been burnt) | TRUE |

SECTION 3 - Resources

Reducing the amount of plastic we use

Why do we use so much plastic?

Plastic is cheap, waterproof, hygienic, lightweight, colourful, hard wearing, versatile

Do we NEED to use so much plastic?

Because of its qualities we have gone completely mad over plastic, especially in the last 10 years. There are plenty of examples of 'over packaging'; fruit and veg never used to be plastic wrapped or sat in moulded plastic trays.

REDUCE

Everyone can reduce the amount of plastic they use



Bread and biscuits are wrapped in plastic - you could make your own instead!

Finding alternatives to plastic

| | |
|-----------------------|------------------------------|
| Straws | No straw or a reusable straw |
| Plastic shopping bags | Cotton or reusable bags |
| Shower gel | Soap (in a cardboard box) |
| Plastic toothbrush | Bamboo toothbrush |
| Cling film | Beeswax wraps or containers |

metal can be recycled for ever

Sustainable paper is a natural resource which can be recycled & it biodegrades

Glass is recyclable & it doesn't often harm wildlife

Recycled No-Sew T-shirt Bag

A great upcycling activity for Guides and Rangers, especially if they can use old t-shirts from home. Charity shops often dispose of old t-shirts as rag, ask around to see if you can get hold of some. Large women's and men's make the best shopping bag size.

There are a lot of similar ideas and methods online



Lay your t-shirt flat and carefully cut off the bottom seam, sleeves and collar



Make several cuts up from the bottom edge. These should be between 1 - 2cm apart and cut through both sides of the fabric.

Make sure the cuts are the same length (about 15cm) - it can be easier if the fabric is marked with a line as a guide to where to stop



Take each ribbon and separate the front and back piece, they tie together with a double knot.

Continue knotting all the way across the width of your t-shirt



Voila! One funky tassel bag to take shopping!

Personalised cotton bags

As an alternative to making a bag 100% Cotton tote bags can be purchased for around 80p each.

Using fabric pens girls could personalise their bags or design a 'green' message.

Making Beeswax Wraps

Beeswax wraps are an excellent alternative to cling film. They can be used to cover bowls of leftovers in the fridge, wrap up sandwiches and fruit.

They are made of cotton material which is coated in beeswax to make them waterproof and slightly mouldable. Cover things as you would cling film, but use a little warmth of your hands to mould and stick the wrap, this way it will stay in place. Washing them is simple - simply rinse in warm soapy water and leave to dry ready for next time.

It is highly recommended you test this activity before embarking on it as a unit!

You will need:

- Cotton fabric lightweight cotton used for quilting/bedding is best. Try not to purposely buy fabric, it is good to emphasise recycling what we have - Charity shops may have pieces available, or ask for donations from families.
- Beeswax This is easy to buy online, it comes in pellets or blocks. Pellets are more expensive, but saves time grating
- Cheese Grater This is to grate beeswax if you purchase wax in bars (above)
- Greaseproof paper You will need a sheet to put under and over your material / wrap

1. Cut a square or circle of fabric - circles are good for bowls, squares for sandwiches. 30cm x 30cm square is the maximum as you are restricted by your greaseproof paper size.



2. Lay your fabric on a piece of greaseproof paper that is larger than your fabric as the wax will run. Sprinkle on grated beeswax or add your pellets. Use it sparingly - it is easy to add more, not so easy to take it away.
3. Cover with another piece of greaseproof and iron on a medium - hot setting. The wax will melt quickly and soak into the fabric. You should be able to see where the wax is as it goes darker.
4. Use the iron to move and disperse the wax into 'dry spots' if necessary add a little more wax to cover these areas and re-melt (don't forget the greaseproof!!)
5. Once happy that the material is covered, peel off the top layer of greaseproof and peel fabric from the bottom layer. - try to do this while it is still hot. Lay flat to dry/harden - it only takes a few minutes and you are ready to wrap!

Smart Cookies

This NO PLASTIC recipe uses just 4 ingredients all of which can be bought in non-plastic packaging - Waitrose Salted, Yeo Valley and Kerrygold 250g blocks of butter are available in recyclable or foil wrappers.

It is important to NOT use greaseproof paper - reduce waste!

To avoid the struggles of mixing butter and sugar together, it best to hand mix cold butter and flour into a crumble mixture and add the sugar last. This way is much more easily achieved by children. Should you wish to you can cream the butter and sugar and then add the flour.



Ingredients:

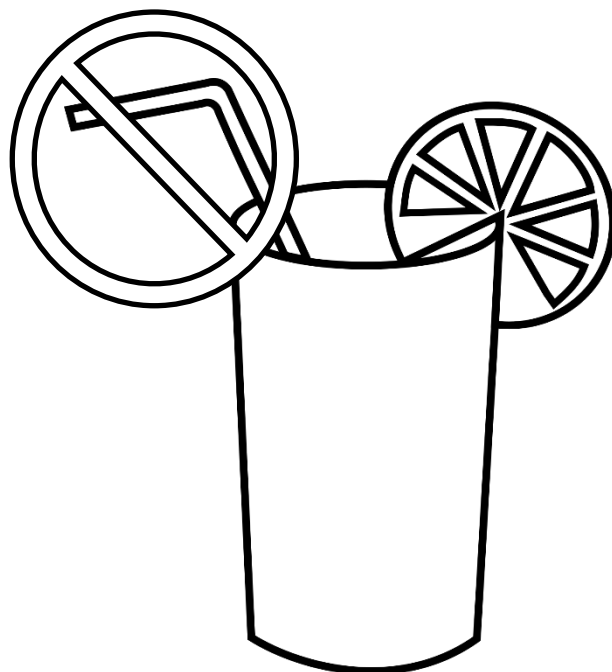
250g Butter
125g Caster Sugar
300g Plain Flour
24 smarties



Makes 24

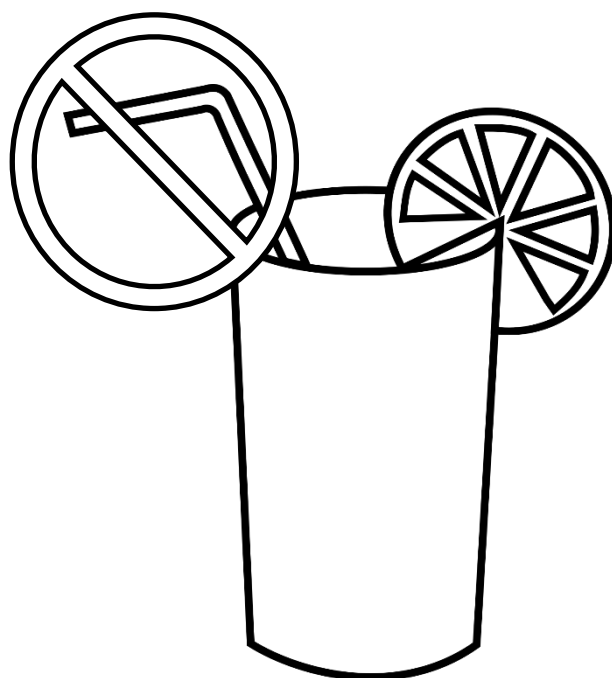
1. Preheat oven to 160 °C / gas mark 3
2. Rub a small amount of butter over your baking trays, this can be done with your fingers or with the butter foil.
3. Sprinkle a small handful of flour over the butter and shake the tray to cover the butter evenly (this is your alternative to using greaseproof paper).
4. Place the flour in a large bowl and add cubes of cold butter.
5. Work the butter and flour together with your hands to form a crumbly texture.
6. Add the sugar and continue to mix with your fingers until it forms a firm dough.
7. Break off walnut sized piece of dough (or cut into 24 pieces). Roll into a ball and then flatten into a biscuit shape with your hands or a wet fork.
8. Place several on a tray (with room in between) and add a smartie to the centre of each.
9. Bake for 15 minutes until golden brown.

I pledge
to not use
a straw



Name:

I pledge
to not use
a straw



Name:

REDUCE

Stop using single use plastics like straws, drinks bottles, plastic bags & cling film

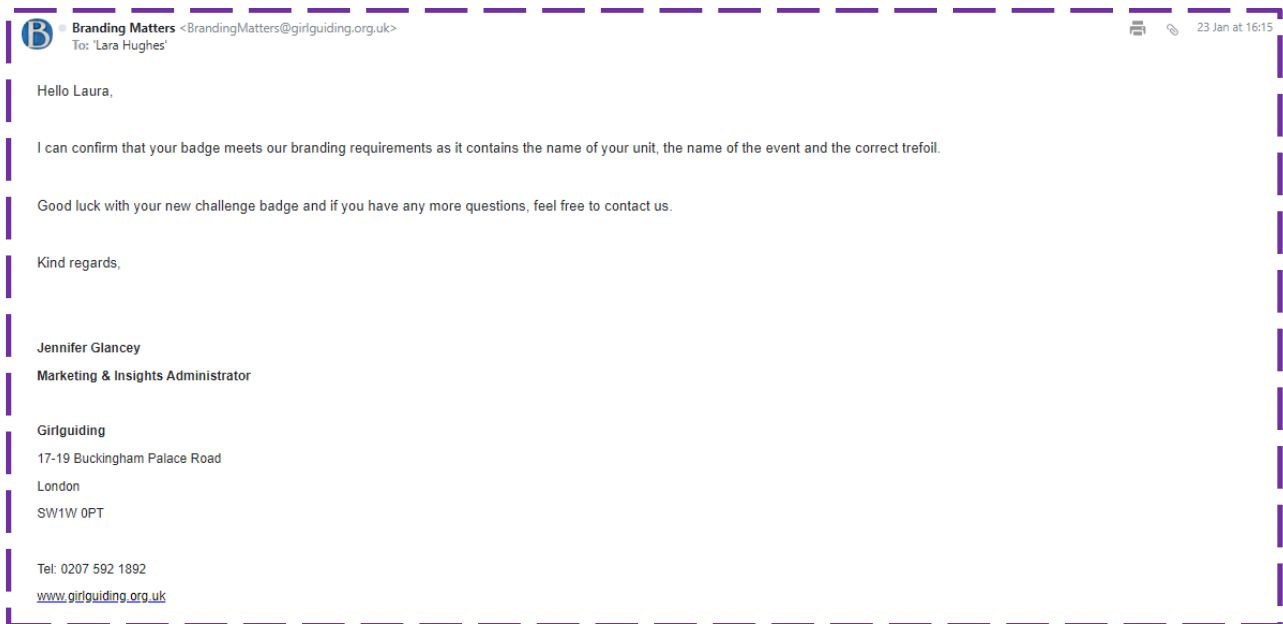
REUSE

Use what you have: refill bottles, buy second hand toys, make things from plastic

RECYCLE

If it cannot be reduced or reused - make sure it is recycled!

Branding approval



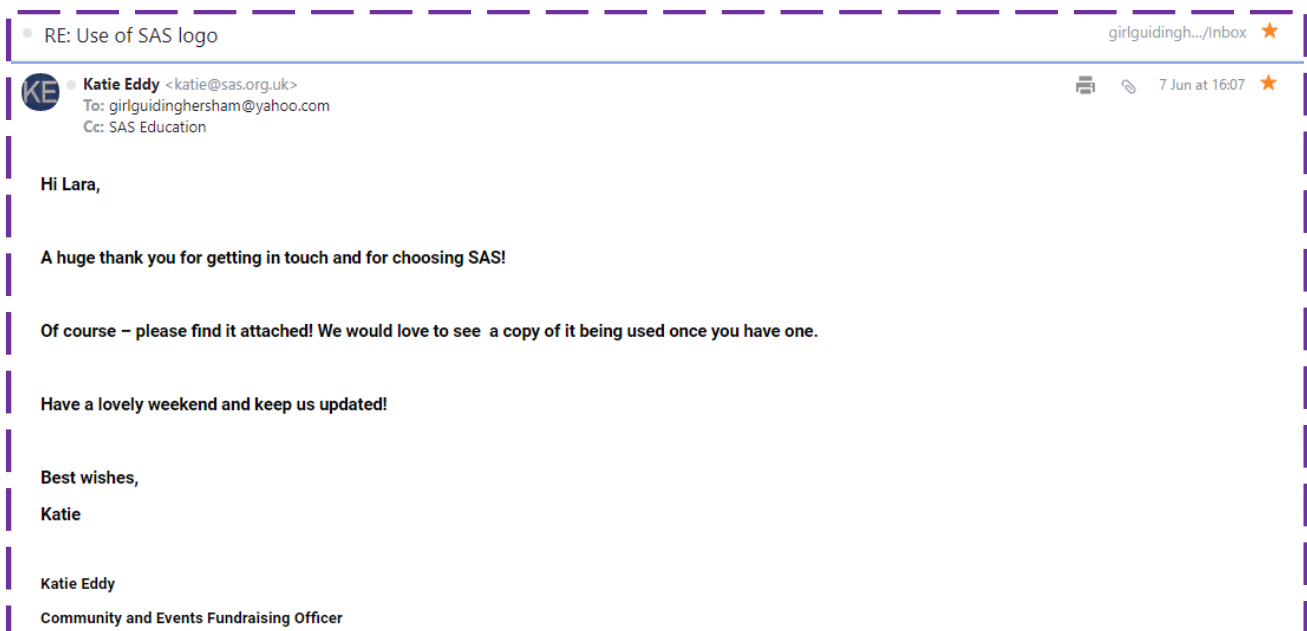
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 • **Jackie Bailey** <Jackie.Bailey@wrap.org.uk> 📧 12 Jun at 21:57 ★
To: girlguidinghersham@yahoo.com
Cc: Partner Enquiries

Hi Lara


Many thanks for your email. Thank you for checking regarding using the logos - I'm very happy for you to use the ones you've found on our website.

Regards

Jackie

Green Dot: Permission received from Valpak

• Recycling Symbols girlguidingh.../Inbox ★

 • **Recycle More** <Recycle.More@Valpak.co.uk> 📧 10 Jun at 10:26 ★
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Hello Lara

Further to your query we would be happy for you to use the information and images on our website.

If there's any other information that you require or need our support on, please let me know. We would be keen to talk about a project/programme that we may be able to work on together.

Kind regards

Josela

Links to third party websites are used at the risk of the user

Plastic Free Planet Badge Order Form



Postage Cost:

1-15 Badges = £1.00

16-30 Badges = £1.50

31-50 Badges = £2.00

Paying by cheque:

Please complete your details and post this form with full payment

Leader name: _____

Unit name: _____

Address to post badges to: _____

Contact details (in case of issues): _____

Number of badges: _____

At £1.00 each £ _____

Postage at £ _____

Total £ _____

Please make
cheques payable to
Girlguiding Hersham
and post to:

Lara Hughes
28 Thrupps Lane
Hersham
Surrey
KT12 4LY

Paying by BACS:

Account Name: Girlguiding Hersham
Sort Code: 30-87-60
Account Number: 53371460

Please include a reference name or unit name so we can identify payments.

Don't forget to add
postage to your
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Email your order details including:

- Leader Name
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