

TIPS

- Bring your food in a reusable cloth bag or basket.
- Wrap sandwiches in beeswax wraps or just put them in sandwich boxes.
- Tubs/boxes/jars can hold everything from salad items to cake.
- Bring drinks in reusable bottles and flasks. If you are going somewhere that sells tea or coffee, bring a cup with you.
- Fruit often comes in its own wrapper (eg bananas or oranges), but if you are bringing more delicate fruit (such as strawberries), pop them in a tub or jar with a lid. Try to buy it loose without plastic too!
- Bring some cutlery if you need it: it's a bit heavier than plastic and you'll need to take it home to wash, but when you consider the resources used to make single-use plastic cutlery you then throw away, the extra effort doesn't seem so bad.

As people sit around tables or on their picnic blankets, encourage them to discuss:

- How difficult a challenge was this for us?
- Every 30 seconds, two double-decker busloads of plastic are thrown away in the UK – but where is 'away'?
- How could we reduce our plastic use in future?

See our separate Rubbish Event guide for more tips and ideas on doing a meal event with your church.

