

Plastic Free Lunch Day

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See next page for MORNING ANNOUNCEMENTS!

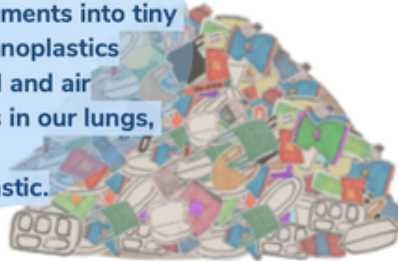
MORNING ANNOUNCEMENTS

- ★ *Make morning announcements to get your whole school excited and on board!*
- ★ *Use our template announcements below OR create your own!*
- ★ ***Make a plan!*** Use a **COUNT DOWN** during the **week before Plastic Free Lunch Day** to share facts and data. One of the most powerful ways students can make big, hyper-local change IS collecting and sharing **their own data** about **their own school**!!
- ★ *Include different students each day for maximum involvement.*
- ★ *Encourage students to **eat school food** on Plastic Free Lunch Day to **REDUCE PLASTIC**!*
- ★ *Encourage students who bring lunch from home to pack food in reusable containers!*
- ★ *Encourage teachers and staff to try to go plastic-free TOO if they bring home lunch!!*
- ★ *Everybody can join in the action and support students on this day!*
- ★ *Students can **SHARE** their OWN Cafeteria Plastic DATA: (See www.plastic free lunch.org)
Collect and count the water cups your school uses for all the lunch periods!
Any **BEFORE** and **AFTER** data helps to engage students and set plastic reduction goals!*
- ★ *Have students make classroom visits!*

See Morning Announcements on the next pages and make your plan!

Why Plastic Free Lunch Day?

- School cafeterias serve over 7 billion meals per year
- School meals are loaded with single-use plastics
- Less than 9% of plastic is recycled
- Most plastic ends up in a landfill or the environment
- Plastic does not biodegrade; it fragments into tiny pieces called microplastics, then nanoplastics
- Microplastics are in our oceans, soil and air
- Scientists have found microplastics in our lungs, liver, digestive tract, and blood.
- We are all eating and breathing plastic.



Suggestions: Copy this doc over to make edits to make it your own!

Example:

Hello, XXX XXXX High School! Next [Day of week], [month] [date] is Plastic Free Lunch Day. On this day, try to eliminate single use plastic from your lunch. An easy way to do this is to eat school lunch. If you bring lunch, use a reusable container, reusable water bottle and reusable bag. Thank you, from the Green Team.

5 days before (ONE week)

PLASTIC FREE LUNCH DAY is coming **next** **[DAY of WEEK]**,

Month, Date

That means there will be NO throw-away plastic in the cafeteria.

Our kitchen is serving ZERO PLASTIC on that day

with a fun menu!

(Or: Our kitchen is reducing PLASTIC on that day!)

Try SCHOOL FOOD to go PLASTIC FREE!

Let's get ready!

4 days before

Hello! My name is _____, from the Green Team OR CLASS XXXX

NEXT TUESDAY, Month, Date,

is Plastic Free Lunch Day USA!!

That means our kitchen staff will serve NO throw-away plastic with your lunch!

The easiest way to be plastic free is to get school lunch.

Our menu will be: [Mozzarella Sticks with Marinara Sauce

Fresh Broccoli & Cauliflower Florets

Garlic Knot

Assorted Cut Veggies on the Salad Bar

Dressings and sauces will be served from reusable bottles.

Sandwiches will be served without plastic wrap.]

Try using the [Single-Use Plastic Search](#) to investigate what's plastic in YOUR lunch today!



3 days before

Hello! My name is _____, from the Green Team OR CLASS XXXX
NEXT WEEK ON TUESDAY, is PLASTIC FREE LUNCH DAY!

Here are **3 things you can do**:

1. Eat SCHOOL LUNCH to GO PLASTIC FREE.
2. Bring your reusable water bottle or cup!
3. If you bring home lunch, bring your food
in a RE-USABLE container with your RE-USABLE bag.

Let's make this important day a big success!

2 days before

Hello! We are _____, & _____, from the Green Team OR CLASS XXXX

The day after tomorrow is Plastic Free Lunch Day!

Our school will join schools across the country to serve lunch in our cafeteria
withOUT plastic!

FOR NYC SCHOOLS: [750 NYC elementary schools and schools across the country]
to serve school lunch in our cafeterias **withOUT plastic!**

Our Kitchen staff is working hard to get rid of plastic.

Now it's our turn to help out!

The easiest way to be plastic free is to get school lunch.

Our menu will be: [Mozzarella Sticks with Marinara Sauce,

Fresh Broccoli & Cauliflower Florets, Garlic Knot,

Assorted Cut Veggies on the Salad Bar.

Dressings and sauces will be served from reusable bottles.

Sandwiches will be served without plastic wrap.]

Try school food to go PLASTIC FREE!

1 day before

Tomorrow is Plastic Free Lunch Day!



Our school will serve lunch in our cafeteria **withOUT plastic!**

Our Kitchen staff is working hard to get rid of plastic.

Now it's our turn to help out!

The easiest way to be plastic free is to GET SCHOOL LUNCH.

TRY SCHOOL LUNCH and the salad bar – it's **fun** to **dip** your veggies!

Don't forget your water bottle or cup.

ON **Plastic Free Lunch Day USA** and more Plastic Free Lunch Days to Come! 😊

HAPPY Plastic Free Lunch Day - USA!

Students from schools in cities and towns all over the COUNTRY

will be reducing or eliminating plastic in their lunches today!

We're having [mozzarella sticks, fresh broccoli & cauliflower florets for dipping, garlic knot. AND Try the beautiful salad bar – It's fun to dip your veggies!]

Other kids at schools

will be served school lunch in their cafeterias withOUT plastic!

If you brought your own bottle or cup for water – USE IT TODAY!

Our kitchen staff worked hard to bring us delicious food withOUT plastic!

Don't forget to thank them!

Happy Plastic Free Lunch Day!

CLASSROOM VISITS



Choose any combination of the above messages for small groups of students to visit classrooms to share the news about Plastic-Free Lunch Day!

*Here are some suggestions for
discussions your can students to lead
while visiting other classes:*

- ◆ Do you know what single-use plastic is? ◆
- ◆ WE made posters to get ready for Plastic Free Lunch Day – Here they are! ◆
 - ◆ Can you make posters to get ready for Plastic Free Lunch Day, too? ◆
 - ◆ Do we know the names of our Kitchen Staff and/or Custodial Staff? ◆
(Find out beforehand and share their names!)
- ◆ Can we thank them for the work that they do every day AND on Plastic Free Lunch Day?
◆
- ◆ Can you make posters to thank our Kitchen Staff for Plastic Free Lunch Day? ◆

See www.plasticfreelunch.org for MORE resources:

What is Plastic Free Lunch Day?

A day when school lunch is prepared without plastic!

An action day to reduce as much plastic as possible.

A way to protect the environment and student health.

Provide a glimpse of a plastic-free school cafeteria future.

Connect with students everywhere,
who are taking climate action in their cafeteria.