

THE SUMMER RECYCLING CHALLENGE

TRY A DIFFERENT
WASTE THEMED
ACTIVITY EACH
WEEK OF THE
SUMMER HOLIDAYS!



**CAN YOU COMPLETE ALL SIX ACTIVITIES AND
BECOME A TRUE RECYCLING CHAMPION?**

Let us know when you've completed all your challenges and we'll email your certificate to you. We'd love to see some photos too! waste.management@norfolk.gov.uk



THE SUMMER
RECYCLING CHALLENGE
Week
1

Recycling

Recycling is important as it saves resources, energy and water and is better for the environment. In Norfolk, you can recycle lots of things in your recycling bin at home.

1 Word search

All of these items should go in your recycling bin. Can you find them in the grid below?

Shampoo bottle

Magazine

Juice carton

Egg box

Envelopes

Yoghurt pot

Foil

Drink can

Aerosol

Glass jar

Plastic tub

Spray bottle



A	F	S	P	R	A	Y	B	O	T	T	L	E	A	Z
H	C	E	T	K	G	T	O	I	M	K	L	V	F	O
P	G	A	C	J	U	I	C	E	C	A	R	T	O	N
Q	Y	L	S	S	Y	L	E	V	S	T	C	M	I	V
D	I	R	A	T	O	N	M	S	T	Y	E	A	L	A
R	R	O	E	S	X	E	C	L	Z	O	Z	P	Y	E
I	N	S	T	D	S	A	R	B	N	G	L	L	I	N
N	V	E	D	M	E	J	Q	A	F	H	X	A	E	V
K	N	T	K	A	D	Q	A	E	W	U	G	S	W	E
C	M	Y	F	E	Z	E	N	R	C	R	Q	T	Y	L
A	L	A	E	L	G	V	X	O	S	T	O	I	F	O
N	W	Q	G	T	F	A	K	S	D	P	Q	C	X	P
W	O	S	H	A	M	P	O	O	B	O	T	T	L	E
A	E	X	K	N	Z	K	E	L	K	T	S	U	A	S
B	M	E	Z	V	C	I	X	T	A	W	F	B	S	C
H	T	Z	D	O	D	O	N	W	F	S	T	Q	O	K
U	O	G	F	T	E	V	G	E	G	G	B	O	X	A

2 Help your family to recycle as much as they can!

Make a poster to remind everyone in your house what to recycle. Put it up near your recycling bin.



Composting

Composting is nature's way of recycling! Worms and other compost creatures help to turn all your fruit and vegetable peelings into lovely compost for your garden.

1 Have a look in your garden to see if you can find some of the bugs that help to make compost!

2 Draw a detailed picture of a compost creature!

3 If you have a compost bin, help your family to collect things to go in it.

- What is it called?
- What colour is it?
- How many legs does it have?
- Does it have a shell?
- Is it hairy?
- Why not draw some of the things your compost creature might like to eat!



Litter

Litter not only looks horrible, but it is also a form of pollution and can be dangerous to people and wildlife.

1 Litter Maze

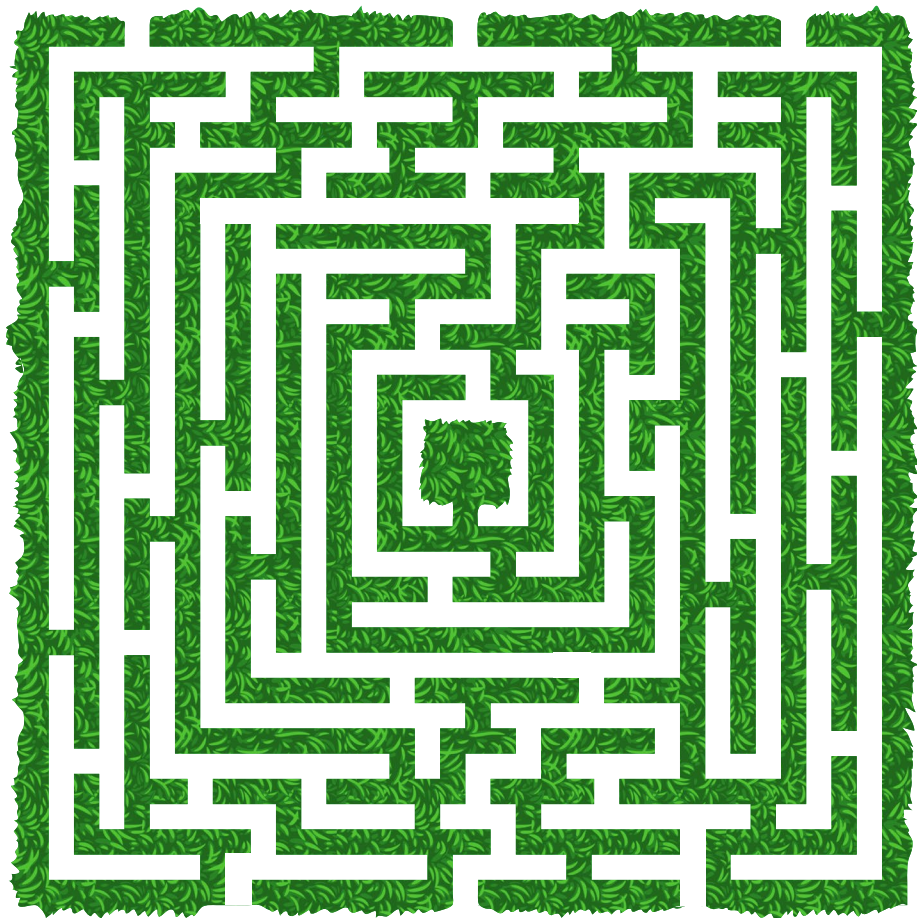
Find your way through the maze and guide the rubbish to the correct bin before it gets left behind as litter!



2 Litter Pick

To help tidy up the area where you live, you could do a litter pick with your family. You will need gloves, litter picker tools, bin bags and an adult to look after you. Here are some other things to remember:

- An adult may want to check the area for safety before you start your litter pick
- Do not touch the litter with your bare hands, make sure you wear gloves and use the litter picker tools
- Do not touch your face with gloves on
- Tell an adult immediately if you see anything sharp or dangerous (e.g. broken glass, animal faeces etc) and do not touch it
- Stay with your adult at all times
- Wash your hands thoroughly when the litter pick is finished



3

If there aren't many litter bins where you live, why not write to your local council to ask for more?



For more information about taking action on litter, please visit www.norfolkrecycles.com/litter

Food Waste

In the UK we throw away 7 million tonnes of food and drink from our homes every year! Wasting all this food is bad for the environment and it costs us a lot of money.

Often what happens is that people either prepare too much food or just don't use it in time. If we plan our meals better, check dates and take care with portion sizes we can cut down on how much is wasted.



Planning meals

1

With your family, help to plan some teatime meals for the week and complete the planner below.



Days

Meals

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

2

Can you use this plan to help you to write a shopping list?

HAVE A GO AT MAKING OUR FRUITY TRAY BAKE
 (RECIPE ON THE NEXT PAGE)

3



3

Leftover Fruity Tray Bake



There are lots of exciting recipes you can try to help you to use up leftovers rather than throwing them away.

This delicious cake is a great way of using up extra fruit and leftover cream!

Ingredients:

3 eggs (yolks and whites separated)

100g icing sugar

Juice and rind of 1 lemon

250g self-raising flour

1tsp baking powder

250ml cream

100g caster sugar

Fresh raspberries, blueberries, cherries or plums for the topping



Method:

1. Heat the oven to 180°C/fan 160°C/Gas 4
2. Line a baking tray with baking parchment
3. Beat the egg whites and caster sugar together with a whisk until stiff
4. In a separate bowl, beat the egg yolks, icing sugar and lemon juice and rind until light and creamy
5. Sift the flour and baking powder and fold into the egg yolk mixture, then add and fold in the cream, followed by the egg white mixture
6. Pour the mixture into the prepared tin and top with fresh fruit
7. Bake for 20-25 minutes or until a skewer comes out clean

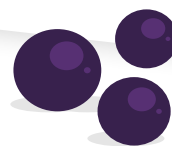


TOP TIP!

THE CAKE FREEZES WELL SO YOU CAN TAKE OUT SLICES AS YOU NEED THEM!



YUM!



For more recipe ideas using leftovers, please visit www.foodsavvy.org.uk/savvy-recipes

Single-use Plastic

Single-use plastics are only used once before they are thrown away or recycled. Making them uses a lot of energy and precious resources and they can cause huge environmental problems after they're thrown away.

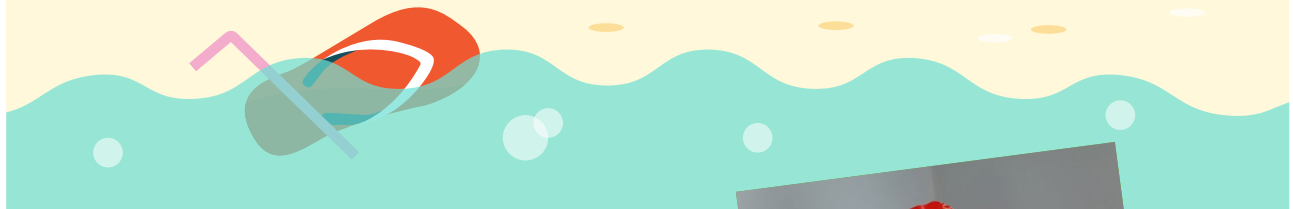


1 Reduce Single-use

We can all help to reduce single-use plastics by making some small changes:

- Carry a reusable water bottle
- Take your own reusable shopping bags
- Invest in a reusable cup for takeaway coffees
- Pack your lunch in reusable tubs or food wraps
- Take your own metal cutlery
- Refuse plastic straws
- Buy loose fruit and veg and pop it in a reusable bag

COULD YOU AND YOUR FAMILY GIVE SOME OF THESE A TRY?



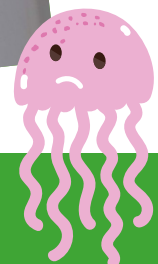
2 Single-use sea creatures

Have a go at making fish using plastic bottles and other single-use plastic items:

- Remove the lid from a clean, clear plastic bottle
- Fill the bottle with flimsy plastic bags, sweet wrappers and plastic straws etc to add colour
- Cut fins and tails out of slightly thicker plastic, from items like crisp multipack bags or larger sweet bags, and stick them on
- Bottle lids make great fish eyes!



IN THE OCEAN, FISH OFTEN EAT PLASTIC AS THEY MISTAKE IT FOR FOOD

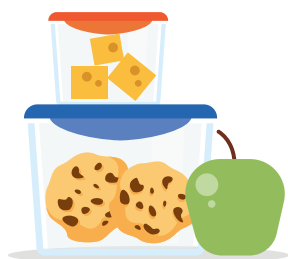


Waste Free Picnic

Everyone loves summertime picnics but sometimes they can create a lot of waste. Why not use some of the information you've learned over the past five weeks to have a go at preparing a 'waste-free picnic' that creates as little rubbish as possible?

TOP TIPS!

- Take drinks in reusable bottles
- Put sandwiches and snacks in reusable tubs or food wraps
- Include fresh fruit as any leftovers can be composted
- Instead of having individually wrapped snacks and biscuits, try making your own or buy a bigger pack and put a few into a reusable tub
- Remember to take reusable plates and cutlery



1 PLAN YOUR PICNIC

What will you take on your picnic? How will you make sure that you don't create any rubbish? Think very carefully about your packaging!



DRAW YOUR PICNIC IDEAS BELOW!

2

Make the picnic with your family and enjoy!

Did you have any rubbish at the end?

If you did, is there anything you could have done differently to reduce it?



When you go back to school, why not carry on the theme and make a waste-free packed lunch? Have a look at our waste free lunch pack for more ideas www.norfolkrecycles.com/teachingresources

Well done!
You've completed

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RECYCLING CHALLENGE**

**DON'T FORGET -
WE'D LOVE TO
SEE SOME
PHOTOS TOO!**



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and we'll email your certificate to you.



Norfolk County Council

 **Norfolk recycles**