

1st Harwell (St. Matthew's) Scout Group  
**St. George's Day 2021 – Reduce Challenge**

Activity	F2 – Go Plastic-free!		Badge Link	Beavers: Cook, Global Issues, Skills Cubs: Cook, Environmental Conservation, Global Issues, Skill Scouts: Chef, Environmental Conservation, Skill	
Aimed at	Beavers	Cubs	Scouts	Explorers	Family
<b>Suggested Ideas</b>	<p>Create a menu for a plastic-free meal.</p> <p>Many of the ingredients we use are packaged using plastic. However, there are ways of buying the ingredients in eco-friendly packaging, or with no packaging at all.</p> <p>Can you plan a menu using these ingredients? You do not necessarily need to cook the menu – just find out where you can source ingredients which are free from plastic.</p>				
<b>Links to ideas</b>	<p>Search the internet for plastic-free packets of food.</p> <p>Challenge: What is the cost difference between plastic packaged food and non-plastic packaged foods? Is it a cost worth paying? You might want to think about transport miles in your costings as well.</p>				
<b>Resources required</b>	Internet.				

