

The Illusion Maker's
P.O.P. page
(Protect Our Planet)

How to Pack a **WASTE-FREE** Lunch

Reduce:

- Avoid Excess Packaging
- Replace Disposable Items With Reusable Containers and Utensils



Reuse:

- Durable Forks, Spoons, and Knives
- Cloth Napkins
- Refillable Drink Containers
- Reusable Lunch Containers



Strive To Be
Waste Free

Recycle:



Bottles, Cans,
Plastic








Food Scraps

Paper Bags

Why Pack Waste-Free?

Did you know that a person creates an average of 4.5 lbs of trash per day? By reducing the number of items in your lunch that must be thrown out, or only using those that can be eaten, reused, recycled, or composted, you can:

-  Prevent pollution
-  Conserve natural resources
-  Save energy
-  Reduce the need for disposal
-  Be an environmental steward and make a difference in your environment and the environment of the future

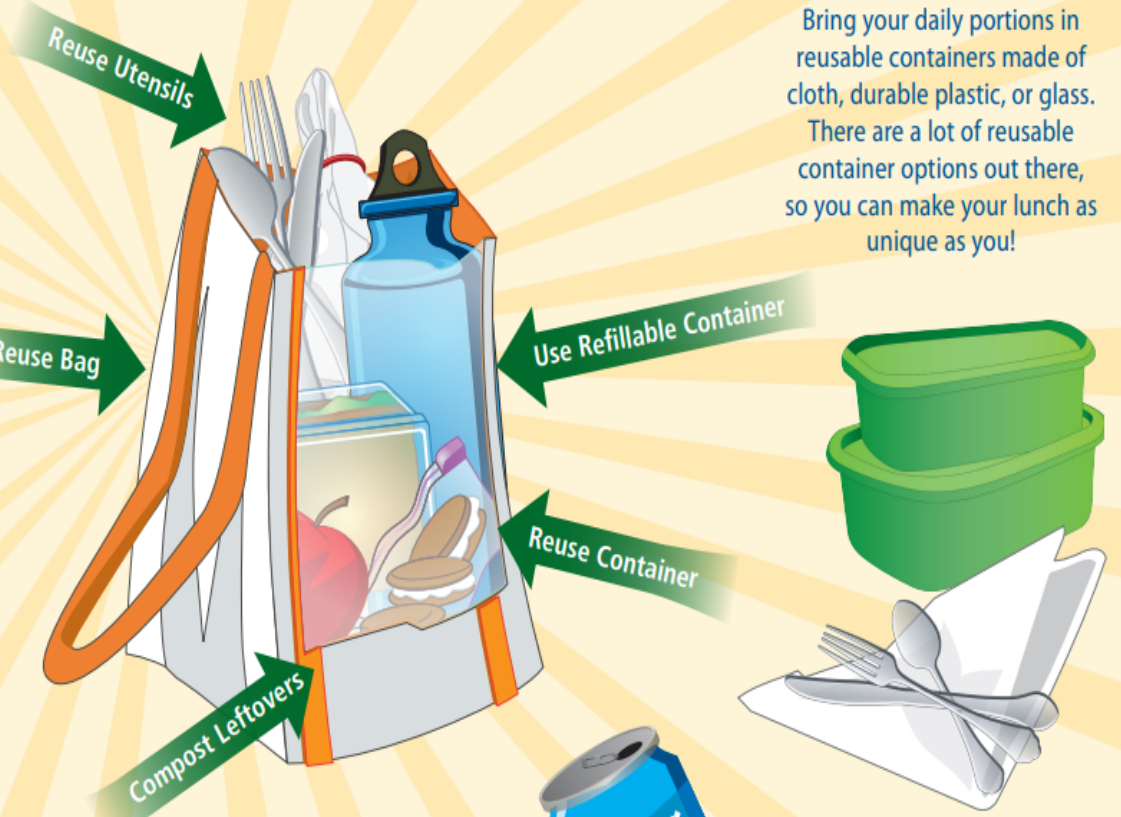
What You Can Do to Help:
Reduce • Reuse • Recycle

Pack Waste-Free and Healthy

Use the examples from Monday, Tuesday, and Wednesday to create your own waste-free and healthy lunch menus for Thursday and Friday. You can pack sandwiches, leftovers from dinner, fruits, veggies, juice, or anything that you think is healthy and waste-free. If you put items that need to be refrigerated in your lunch, be sure to include a reusable ice pack in your lunch box or bag. Make sure to pack only what you can eat, reuse, or recycle. And, your school might even have options to compost your food scraps.

<p>Monday Menu</p> <p>Lunch bag..... Reuse lunch box or bag Grape juice..... Recycle plastic bottle Tuna sandwich..... Reuse container Leftover pasta salad..... Reuse container Apple..... Compost core Ice pack..... Reuse pack</p>	<p>Tuesday Menu</p> <p>Lunch bag..... Reuse lunch box or bag Water..... Reuse thermos Turkey wrap..... Reuse container Orange..... Compost peel and seeds Cookies..... Reuse plastic baggie Ice pack..... Reuse pack</p>	<p>Wednesday Menu</p> <p>Lunch bag..... Reuse lunch box or bag Lemonade..... Recycle plastic bottle Peanut Butter and Jelly..... Reuse container Fruit Cup..... Recycle plastic baggies Crackers..... Recycle plastic baggies</p>	<p>Thursday Menu</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>Friday Menu</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
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Packing Waste-Free



Bring your daily portions in reusable containers made of cloth, durable plastic, or glass. There are a lot of reusable container options out there, so you can make your lunch as unique as you!

Recycling just one aluminum can saves enough energy to power a T.V. for 3 hours.

P.O.P. Quest
Start a Waste-Free lunch day at **YOUR** school and help **Protect-Our-Planet!**

P.O.P CRAFT
REUSE and RECYCLE
And HAVE FUN!

Reused Milk Jug Watering Can.



Create a functional watering can from an old milk jug!

Materials:

- Milk jug
- Nail and hammer (adults only)
- Optional materials: paint, glue, ribbon, fabric, colorful paper, buttons.

Before you begin, rinse the milk jug out really well, then have fun decorating it however you want.

We glued burlap flowers and ribbon to our jug after painting it with green acrylic paint.

Parents, poke holes from inside of the lid, with a hammer and nail, to make holes for watering.



Recycled Egg Carton Flower Arrangement



Who would guess that these colorful blooms are made from recycled egg cartons?

Materials:

- Egg carton
- Acrylic paint, (various colors)
- Drinking straws
- Buttons
- A recycled jar or can
- A strip of fabric
- Dry material, (rice, beans, pebbles, marbles)
- Scissors (parents help with cutting as needed)
- Hot glue gun (adults only)

To make flowers, cut cups off of a recycled cardboard egg carton, snip around cup several times, then trim round petal-shaped edges on each section. Flatten each blossom and then paint with acrylic paint.

When paint is dry, parents can hot glue blossom to the end of a drinking straw and a button to the center of the flower.

Decorate a recycled jar with a strip of fabric and an additional egg carton flower.

Fill jar with dry material, and insert the flowers to make a pretty arrangement.



P.O.P. Magic

The Magic Tube!

Effect: Show an empty tube and then magically produce items such as ribbons.

Materials:

Two sheets of paper

Clear Tape

Scissors

Small objects to produce such as ribbons

The secret: A cone inside of a cylinder.

Construction:

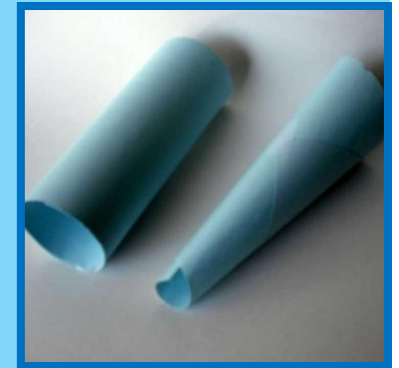
Roll one sheet of paper into a cylinder. (Tube)

Roll the second sheet of paper into a cone, as shown in the picture.

One end of the cone should be approximately the same diameter of the cylinder while the other end should be slightly smaller.

Insert the cone into the cylinder and trim off the extra edges of the cone that stick out.

From the outside, you'll have something that looks like a normal cylinder that is made of paper.



When your audience looks down one end of the tube, they see what looks like a normal cylinder.

When you look down your side of the tube, you'll see a small secret compartment where you can hide the ribbons.



To perform the trick, show the closed end of the tube to your audience and let them see that you have an empty tube. After showing the tube empty, pull the ribbons out and take a bow!