

16
UNDER
16

Rachael was sick of seeing her schoolmate's sandwich wrapped in foil and single-use plastics: so sick she could barely eat her own lunch. She thought that there must be a better, more eco-friendly way to keep food fresh. She took inspiration from the past and learnt how to make environmentally-friendly sandwich wraps from cotton and natural beeswax, they keep your food fresh and they also look really cool... Read on to find out how you can make Rachael's eco-friendly wraps in your school.

Step 1: Litter Collector Crew

First, you need to decide who is going to make the sandwich wraps. You could appoint a group of Eco-Wrappers, who are passionate about the issue or, alternatively, a whole class could create the wraps during a design technology lesson.

Step 3: Becoming Plastic Free

In order to make your sandwiches taste (and look) as fantastic as possible, you need to make sure you choose the right fabric: it needs to be 100% cotton and as colourful as possible. Please also make sure it is clean – don't use old socks! Next, you need to find some beeswax, try to locate a local beekeeper that would be willing to provide you with some, you could even organise a small field trip to visit them. For the next bit you will need an adult - go find one. When you have your fabric and your beeswax, you need to break up the beeswax (or grate it) and melt it in the oven (ask an adult to supervise so you don't get burnt). Finally, once the beeswax has melted, dip your fabric in (being very careful not to burn yourself) and leave to dry on a drying rack. When dry, your wrap is ready: each wrap will last up to a year and please don't use them to wrap meat as this could make you sick. To keep your wrap fresh, you can wash it with mild dishwashing soap and cool water, then hang out to dry.

Step 2: Wrap Review

Next, find out whether your school has a plastic wrap crisis. Rachael recommends auditing packed lunches during lunchtime to find out what your schoolmates are wrapping their sandwiches in.

Step 4: Worker Bees

If you want to do this during lesson time, why not try a fun (and useful) design and technology lesson making your own.

Step 5: Sandwich Spread

It is easy to spread the Waxtastic No Plastic message through assemblies and posters in the dinner hall. Rachael also made sure everyone had access to her Waxtastic Wraps by selling them at school fairs (this also allowed her to raise funds for other Eco-Schools work). She even got permission from local businesses to sell them in their shop for a day to raise extra funds for her school.

Step 6: Successful Sandwiches

It is easy to check whether this action has been successful, simply continue to audit packed lunches and see if there has been a reduction in plastic wrap and foil.



Step 7: Wrap-Up

Rachael says:

"Stop using plastic, it will bee fantastic, what do you say?"



DAVID
LUKE

