

Food tips for the planet

Support local

Local fruit and veg shops and butchers are great. They use less plastic packaging than supermarkets, source more produce from the UK and with the cost of living crisis, **they need our support more than ever.**

Know what's in season

Seasonal fruit and veg needs less travel, refrigeration and chemicals to grow, making them healthier, tastier and better for the planet!



Can you name these seasonal veggies?



Snakes and ladders

13 Uh-oh, you left the window open	14	15	16 FINISH
12	11	10 Oops! You left the light on overnight.	9 Well done, you planted some seeds.
5	6 Hooray! You handmade gifts this year	7	8 Oh no... You put a plastic bottle in general waste.
4	3 Great! You repaired a loose button on your shirt.	2	1 START

You will need

- **2 counters:** make your own out of bottle tops!
- **1 dice:** If you don't have a dice, try tossing a coin instead. Heads can be 1, tails can be 2.

How to play

- 1 Start at number 1.
- 2 Slide down when you land on a snake, climb up when you land on a ladder.
- 3 First player to reach number 16 wins!

Make a recycled gift bow

A study by DEFRA showed that, each year the UK throws away enough wrapping paper to reach the moon - 384,400 km!

Try making **plastic-free, homemade and recycled gift wrap and bows** this year.

Watch the 'how to' video on greenmeadows.uk

- You will need:
- Scrap paper
 - Scissors
 - Stapler

Cut into 8 strips



Follow these steps



Winter fun

