



Love Your
Chelmsford



Chelmsford
City Events

Recycling means taking materials ready to be thrown away and changing them into reusable materials again. When we don't recycle and reuse, we risk using up all our natural resources. If this was to happen, people in the future wouldn't have as many of the nice things in life that we do.

Here in Chelmsford the City Council collect paper, cardboard, plastics, cartons, cans, glass, reusable clothing and shoes, food and garden waste from you, all to be recycled. Recycling possibilities can be seen all around us. For example, it is possible that a can of lemonade could one day become part of a bus, a piece of junk mail could be a page in next week's newspaper or your food waste could create the electricity that powers your television tomorrow evening!

The 3foot People Festival and Love Your Chelmsford have put together this handy pack to help small people learn more about recycling and try out some activities to reduce your family's waste.



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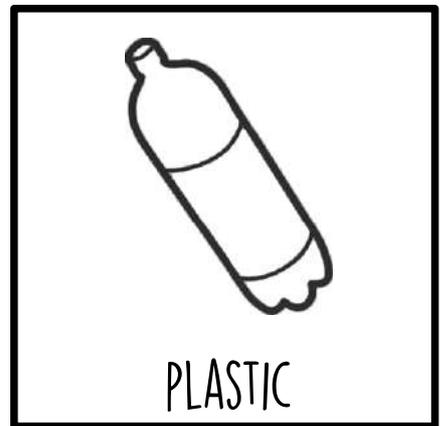
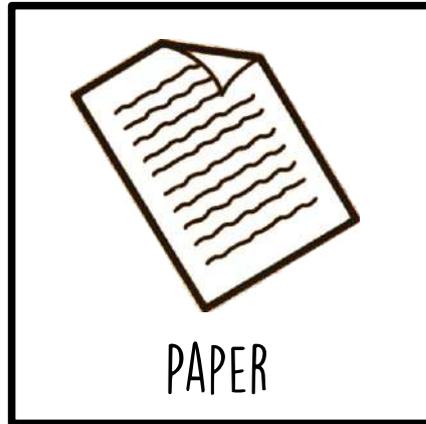
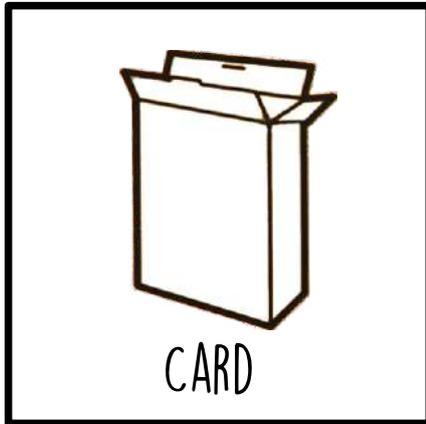
RECYCLING RELAY*

*IF POSSIBLE, PLEASE VIEW THIS ACTIVITY ON SCREEN RATHER THAN PRINTING TO SAVE PAPER



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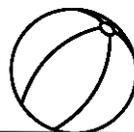
WHAT CAN WE RECYCLE?



REMEMBER: RECYCLABLES DO NOT GO IN YOUR BLACK BIN

DID YOU KNOW?
Each UK household produces over 1 tonne of waste per year - that's the weight of a small car!

DID YOU KNOW?
On average, every person in the UK throws away their own body weight in waste every 7 weeks.



LOVE FOOD HATE WASTE – YUMMY LEFTOVER RECIPES

PERFECT FOR PRE-SCHOOLERS AND THEY CAN ALSO HELP TO REDUCE YOUR FOOD WASTE!

DON'T FORGET TO MAKE SURE EVERYONE HAS WASHED THEIR HANDS BEFORE STARTING AND TO KEEP YOUR LITTLE ONES A SAFE DISTANCE FROM THE HOT OVEN AND SHARP KNIVES

CHEESY BROCCOLI BITES



INGREDIENTS

- 150g cooked broccoli (or any other leftover vegetables)
- 250g grated cheese
- 3 eggs beaten
- 125g plain flour
- 1 tsp dried oregano

METHOD

1. Preheat your oven to 190°C
2. In a large bowl, mix all your ingredients together to form a wet dough
3. Divide your dough equally between 12 muffin cases in a muffin tray, packing the mixture in tightly.
4. Bake for 15 - 20 minutes, or until golden brown.

MINI PIZZA BREAD CRUSTS



INGREDIENTS

- Bread crusts from the end of a loaf
- Tomatoes
- Chopped herbs (optional)
- Pepper to season
- Leftovers from your fridge
- Grated cheese

METHOD

1. Preheat your oven to 180°C
2. Place crusts on baking tray.
3. Spread tomatoes over the crusts for your pizza base.
4. Choose your own toppings from your leftovers.
5. Sprinkle with herbs and grated cheese and season with pepper. Bake until the cheese has melted.

BUZZBEE'S BANANA MUFFINS



INGREDIENTS

- 250g self raising flour
- 2 x 5ml spoon baking powder
- 1 x 5ml spoon liquid honey
- 100g caster sugar
- 250ml milk
- 1 egg beaten
- 90ml oil
- 3 ripe bananas, mashed

METHOD

1. Preheat your oven to 180°C
2. In a large bowl, sieve the flour and baking powder, then add the sugar.
3. Pour the milk, honey, oil and egg into the flour and mix to form a smooth batter.
4. Stir in the banana and spoon into 12 muffin cases.
5. Bake for 20 minutes.

FOR MORE RECIPE IDEAS VISIT WWW.LOVEFOODHATEWASTE.COM



DID YOU KNOW?
When food degrades it produces a gas called methane that's harmful to our atmosphere. But by recycling food we can collect the gas and use it to power our homes instead!



MAKE A RECYCLED BUTTERFLY



DID YOU KNOW?

We recycle around 80% of paper in the UK. If every person in the UK recycled just 10% more paper, we would save approximately 5 million trees each year.

Why not use some of your old paper and card to make a pretty butterfly like this. Don't forget to recycle all the materials when you have finished playing with it!



STEP ONE

Decide how big you'd like your butterfly to be (toilet roll size is perfect) cut your tube down to size if needed.

STEP TWO

Take your scrap of paper and fold in half. From the folded edge start drawing your wing shape.

STEP THREE

Keeping the paper folded, cut out your wing shape, leaving the folded edge uncut.

STEP FOUR

Unfold your paper to reveal your two symmetrical wings - beautiful!

STEP FIVE

Glue a line down the centre of the wings and attach to the back of your tube.

STEP SIX

Cut your straw into two equal lengths and attach to the inside of the top of the tube for your butterfly's antennae.

STEP SEVEN

If you would like to, now it is time to decorate your butterfly - go wild!

YOU WILL NEED

- SCRAP PAPER OR AN OLD MAGAZINE OR NEWSPAPER
- CARDBOARD TUBE
- STRAW (OR ROLLED UP SCRAP PAPER)
- SCISSORS
- PENCIL
- PAINT/COLOURING PENS (OPTIONAL)

DID YOU KNOW?

By recycling just one tonne of paper, we can save 17 trees and 4000 KW of energy, that's enough to power a house for a year.

AND...

It can take as little as seven days for old magazines and newspapers to be recycled into new ones.



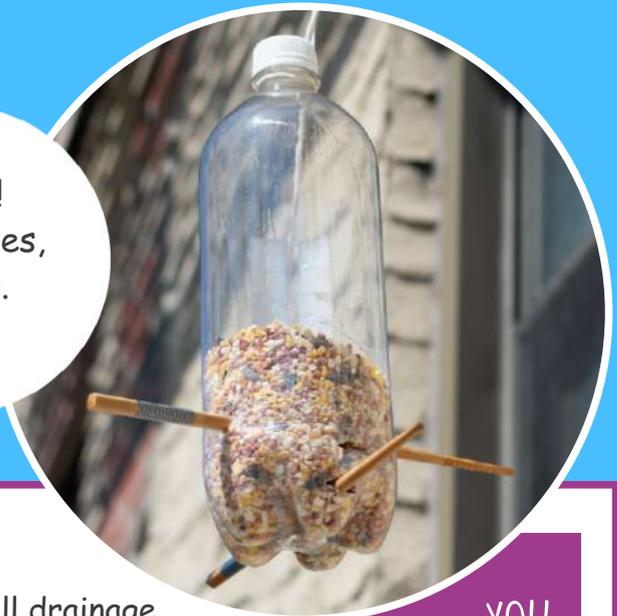
MAKE A RECYCLED BIRD FEEDER



DID YOU KNOW?

Enough plastic goes into landfill each year to circle the world four times! You can help by recycling your plastic bottles, even for other uses like this bird feeder.

Why not have a go and make the birds happy too!



STEP ONE

Remove the cap, then puncture several small drainage holes in the base of the bottle, using the pin.

STEP TWO

Use the pin to puncture two level holes on opposite sides of the bottle near the bottom, then widen the holes with scissors.

STEP THREE

Push a stick through the holes to create perches (you can repeat steps two and three if you'd like two perches).

STEP FOUR

Just above the perches, cut a small feeding hole, roughly the size of a 5p.

STEP FIVE

Puncture two small holes on opposite sides of the bottle neck, using the pin. Widen them with scissors and thread through your string.

STEP SIX

Fill the bottle with bird food and replace the cap. Find a sheltered place outside and hang your bird feeder.

YOU WILL NEED

- PLASTIC BOTTLE WITH LID
- TWO STICKS
- A PIN
- SCISSORS
- STRING

THE ESSEX PLASTIC PLEDGE IS A WAY FOR ALL RESIDENTS, SCHOOLS AND ORGANISATIONS TO COME TOGETHER AND COMMIT TO TRYING TO REDUCE PLASTIC WASTE. THE PROGRAM ALREADY HAS OVER 3000 PLEDGES! IF YOU'D LIKE TO GET INVOLVED VISIT WWW.LOVEESSEX.ORG



DID YOU KNOW?

It takes just 25 two-litre plastic bottles to make a recycled fleece jacket.



RECYCLING RELAY!

GET YOUR LITTLE PERSON MOVING AND LEARNING ABOUT RECYCLING AT THE SAME TIME



1 MAKE A PILE OF SOME CLEAN AND SAFE RECYCLABLE OBJECTS (OR PLAY ITEMS).



2 MARK AN AREA OR BUCKET FOR EACH TYPE OF RECYCLING TO BE SORTED INTO.



3 EXPLAIN TO YOUR LITTLE PERSON WHERE DIFFERENT ITEMS WILL NEED TO GO.



4 INSTRUCT YOUR LITTLE PERSON TO CHOOSE AN ITEM AND TAKE IT TO THE RIGHT AREA AS QUICKLY AS POSSIBLE.



5 REPEAT UNTIL ALL ITEMS ARE SORTED. YOU COULD EVEN TIME THEM TO SEE HOW QUICKLY THEY CAN DO IT!



DID YOU KNOW?

Making one can from raw materials uses the same amount of energy as recycling 20 cans!

AND...

The glass we recycle in the UK each year saves enough energy to launch 10 space shuttle missions!



Love Your Chelmsford

