

Lesson Plan: Zero Waste Snack Time

Objective: Teach children how to reduce waste during snack time by using reusable containers and composting food scraps.

Materials:

- Reusable snack containers
- Compost bin
- A variety of fruit and snacks (e.g., apple slices, crackers, etc.)
- Recyclable or reusable snack bags
- Small bins for compost

Steps:

1. **Pre-Snack Discussion:** Begin by explaining how everyday actions like snack time can generate waste. Discuss why it's important to use reusable items instead of single-use plastic.
2. **Prepare Snacks:** Have children bring snacks in reusable containers or pack their own. If you're serving snacks in the classroom, use reusable dishes or containers. Discuss what happens to the waste if they have compostable scraps (e.g., fruit cores).
3. **Composting Practice:** After the snack, show children where to compost the food scraps and explain how composting helps return nutrients to the soil.
4. **Cleanup Challenge:** Have children see how little waste they can create during snack time. This could include using napkins that will go into compost or collecting recyclable items.
5. **Wrap-Up:** Reinforce how using reusable containers, recycling, and composting can help the Earth.
6. **Video extension:** [Recycling for Kids | Learn how to Reduce, Reuse, and Recycle](#)