

# Take part in a supermarket sweep to try and make a zero waste or plastic free meal



## For leaders

You could work in teams to create a full menu: breakfast, lunch and dinner. Can you shop without buying anything wrapped in plastic? How hard is it? What were the biggest challenges?

**Age 14 - 18**

**Age 7 - 11**

## Activity details

### This activity counts towards...



- Reduce

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££	Indoors
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<input type="checkbox"/> 11 - 14	<input checked="" type="checkbox"/> 14 - 18
<input type="checkbox"/> 5 - 7	<input checked="" type="checkbox"/> 7 - 11
<input type="checkbox"/> 3 - 5	

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<input checked="" type="checkbox"/> Autumn	<input checked="" type="checkbox"/> Spring
<input checked="" type="checkbox"/> Summer	<input checked="" type="checkbox"/> Winter

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### Skills:

- Communication
- Leadership
- Negotiation
- Problem solving
- Teamwork
- Time management

### Equipment:

- Ingredients
- Money