

Single-Use Plastic Free Snacks from January 2020 at Barlow Primary School!

Thank you for coming! To become plastic-free we're asking that all snacks come single-use plastic free from January 2020. We'll ask for such plastic to stay home and instead either send a snack that doesn't need packaging (like apples, bananas etc) or use a **reusable** container such as a beeswax wrap or snack box please. We would appreciate considering this for lunch boxes too.

Beeswax Wraps

As a freebie we're giving away a beeswax wrap which is reusable for up to 6-8 months. When it no longer keeps its shape you can put it in the compost bin. Wash in cool, soapy water between uses and press gently with your hands to mould it to your snacks.

Feeling cross that you'll have so much more waste at home?

Why not start an Eco Brick? These were launched by the Eco committee earlier this year and offer an alternative to sending your waste to landfill...

<https://www.barlow.derbyshire.sch.uk/eco-brick-guides/>

Terracycle have a collection point for crisp packets at Barlow Preschool if you're able to take them to be dropped off...

<https://www.barlow.derbyshire.sch.uk/eco-committee/>

Why not make your own healthy snacks? Your money stretches further and you'll have less plastic waste too. Check out our recipe on the back...

Finally...

Maybe you could make a stand too? Help your child write to the Government, to the manufacturers, to the supermarkets, and demand a change in their packaging. Plastic waste affects all of us, and we all have a voice.

A recipe for Healthy Flapjacks for Kids!

From: <https://www.sneakyveg.com/healthy-flapjacks/>

Ingredients

- 200 g oats
- 150 g dates, raisins or other chopped dried fruit* eg apricots
- 40 g desiccated coconut (optional)
- zest of a lemon
- juice of half a lemon
- 1 apple grated (peeling is optional)
- 1 tbsp maple syrup or honey remember no honey for under ones
- 100 g butter, dairy free spread, sunflower oil or coconut oil Or you can use a mix of the two eg 60g butter and 40g sunflower oil

Instructions

1. Preheat the oven to 180°C(fan)/200°C/gas mark 6. Grease a 20cm square cake tin and line with baking paper.
2. Place 200g oats, 150g chopped dates or raisins, 40g desiccated coconut, juice of half a lemon, zest of a whole lemon and one grated apple into a food processor or high powered blender. Pulse until broken down and well combined. Set aside.
3. Place 1 tbsp of honey or maple syrup with 100g of butter or oil into a medium saucepan and heat gently until melted.
4. Scrape the oat and raisin mixture into the saucepan and stir well. Make sure that all the dry mixture is completely coated in the oil or butter mixture.
5. Pour into the prepared tin and use a rubber spatula to press into the tin. Make sure that you press down really well as this will help the flapjacks hold together. To be really sure they're pressed down well you could lay a sheet of baking paper over the top and use the side of a glass or small rolling pin to press down the mixture.
6. Place in the pre-heated oven and bake for 20 minutes until starting to turn brown.
7. Remove from the oven and cut into slices in the tin using a sharp knife. Leave to cool completely in the tin then cut again before removing from the tin.

Recipe Notes

*If your fruit is very dry soak in boiling water for 10 minutes before draining and proceeding with the rest of the recipe.