



YOU'RE INVITED TO HOST A PLASTIC FREE MORNING TEA!

Across the globe, communities are inspired by the Plastic Free Morning Tea: Making and sharing food, fun and conversations about plastic-free solutions.

People who host their own Plastic Free Morning Tea at work, home or out in the community find it's a great way to inspire colleagues, family and friends. It's a tangible and delicious way to get others involved and start having conversations around plastic-free ideas, sharing solutions and making a real difference together.

PREP AND PLANNING

Participants run successful Plastic Free Morning Teas by

- Inviting a few people to share ideas for hosting an event.
- Setting a date, location and event format (e.g. in person or virtually)
- Some choose to work with a caterer who will deliver food in reusable containers, others visit a local bakery or store that allows BYO containers whilst some invite everyone to bring a plate to share
- Sharing tips and ideas on how people can cater, make or buy food and drink that is not wrapped in plastic (e.g. loose leaf tea, home-baked goods, bliss balls, dips, etc.)
- Some people even create a list of local restaurants, bakeries and cafes that don't use plastic packaging or allow you to BYO a container for takeaway (e.g. dips, cakes and olives)

Participants have shared more plastic free ideas are on our website: [Picnic](#), [Food Service](#), [Food Storage](#), [Events](#)



SOME POPULAR IDEAS TO GET STARTED

Making it fun! By:

- Encouraging people to bring games or share their stories of plastic waste reduction during the event
- Holding a friendly competition (e.g. 'ugly mug' contest, the 'most delicious' item or challenging people to bring a piece of plastic they couldn't avoid)
- Providing helpful reusables (e.g. beeswax wrap, insulated water bottle or metal straw as a competition prize or door prize)
- Planning to decorate and celebrate ([visit our website for plastic-free decoration ideas](#))
- Screening the 1 minute [Plastic Free July animated video](#) to share the challenge and start the conversation
- People who are working from home or in lockdown, have hosted a 'virtual morning tea' where colleagues and friends come together and enjoy a cuppa at the same time. Some even choose to bake from the same recipe to build the connection!
- Providing labels on the day for people to list ingredients

COMMUNICATION

Spreading the word by

- Making the invitation positive and appealing (e.g. "Join our Plastic Free Morning Tea - where we will be sharing food, fun and conversations about plastic free solutions")
- Sending out invites by email or workplace intranet
- Putting up or sending out digital posters
- Posting social media tiles about the event

[Download the Plastic Free Morning Tea posters from our website](#)



Great Plastic Free Morning Teas ask attendees to choose a way make a change by:

(After the event)

- Choosing one piece of single-use plastic they will try to avoid in July
- Taking the [Pesky Plastics Quiz](#)
- Signing up to the [Challenge](#)
- Filling out the [Action Picker](#) checklist
- Watching insightful [documentaries](#), reading eco blogs or [popular books](#)

DURING THE EVENT

Popular ideas that people enjoy are

- Taking photos and videos of the event
- Inviting attendees to share ideas or to make pledges (some Teas give out pledge slips, some take them home, others display pledges on a wall and check in at the end of July. Popular pledges are 'to remember a reusable coffee cup, skip the straw, sign up for the challenge or tell someone about what they have learned'.)
- Talking about overcoming the challenges when setting up or attending a plastic-free event

FOLLOWING THE EVENT

Enthusiastic Plastic Free Morning Tea hosts

- Send a quick 'thank you' to the attendees
- Share photos/videos of the event with participants
- Post photos to social media using the hashtags #PlasticFreeMorningTea and #PlasticFreeJuly
- [Submit their Plastic Free Morning Tea story](#) to inspire others
- Ask for ideas, stories or suggestions on how to reduce plastic waste beyond July