

# Lesson Plan 3

## Target Audience

Vet Trainers

## Goal (50-60 words)

The goal for this lesson plan is to encourage learners to explore and evaluate sustainable plastic waste reduction practices in the hospitality industry, specifically restaurants and cafes. Learners will evaluate real-life case studies, generate action plans, creatively repurpose plastic materials, and brainstorm innovative ideas to promote circular economy principles in restaurant settings.

## Objectives (1-3 Objectives)

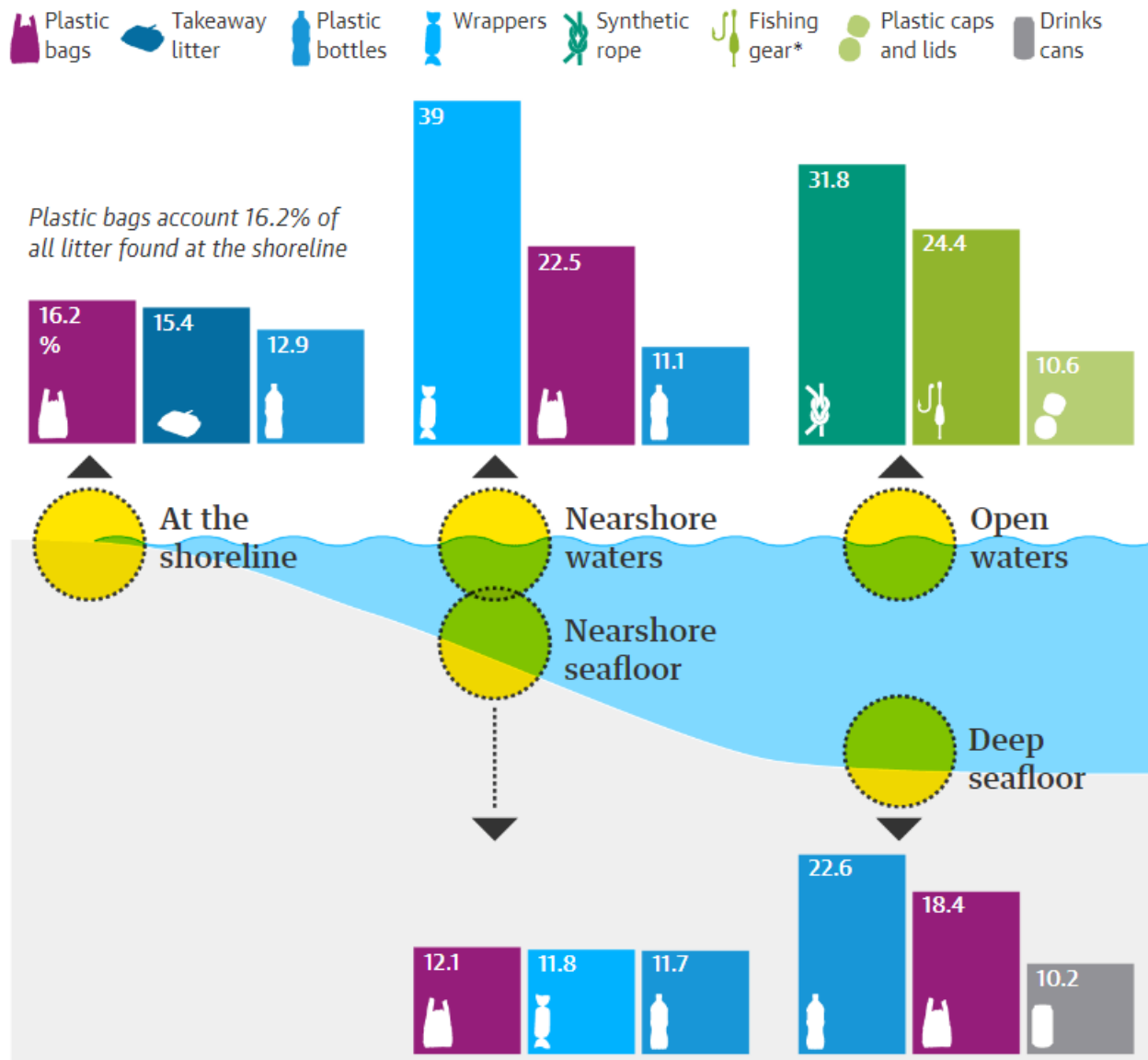
Upon completing the Module, learners should be able to:

- Evaluate the effectiveness of sustainable practices implemented in various case studies and scenarios, identifying strategies that balance environmental impact and financial feasibility.
- Develop creative solutions for repurposing waste materials, such as plastic bags, and design innovative products made from recycled plastic for use in the restaurant industry.
- Design new product ideas utilizing recycled plastic

## Optional Theoretical Background (200-400 words)

The focus on hospitality and restaurants is not random; Approximately 44% of trash found at shoreline are plastic bags, litter from takeaways and water bottles. Additionally a shocking 39% of litter in nearshore waters consists of wrappers ( such as ketchup packets, candy wrappers etc.). (Moralles-Cassalles et al., 2021).

## Litter has proliferated across all aquatic environments from the shoreline to the seafloor



Guardian graphic. Source: Morales-Caselles, C., J. Viejo, E. Martí, E., ... A. Cózar, 2021. An inshore-offshore sorting system revealed from global classification of ocean litter. Nature Sustainability. \*Excludes nets

Source: Taylor, M. (2022, July 25). Plastic in the depths: How pollution took over our oceans. The Guardian. <https://www.theguardian.com/environment/2022/jul/25/plastic-in-the-depths-how-pollution-took-over-our-oceans>

## Lesson Plan Details

Lesson Plan title	Practical and innovative ways to reduce plastic use
21st Century Skills	<ul style="list-style-type: none"><li>● Collaboration</li><li>● Communication</li><li>● Creativity</li><li>● Critical Thinking</li><li>● Problem-solving</li><li>● Decision making</li></ul>
Duration	Activity 1: 20 minutes Scenario 1: 40 minutes Activity 2: 40 minutes Activity 3: 25 minutes
Classroom setting	<ul style="list-style-type: none"><li>● in groups</li><li>● Individually</li></ul>
Required material/resources	<p>Activity 1</p> <ul style="list-style-type: none"><li>● Access to the internet via laptop or smart phone</li><li>● Paper/Pen</li></ul> <p>Scenario 1:</p> <ul style="list-style-type: none"><li>● Access to the internet via laptop or smart phone</li><li>● Paper/Pen</li><li>● Flipchart/Whiteboard &amp; Marker</li></ul> <p>Activity 2:</p> <ul style="list-style-type: none"><li>● Plastic Bags</li><li>● Assortment of arts and crafts tools ( glue, scissors etc)</li></ul> <p>Activity 3:</p> <ul style="list-style-type: none"><li>● Paper/Pen</li></ul>

Prerequisites	LP1 & LP2
Final Assessment (if applicable)	Short response essay/Reflection Name 5 alternatives to single-use containers in the hospitality industry.
Additional resources	<i>Four examples of restaurants working and/or have achieved close to zero waste:</i> Tara’s Organic: <a href="https://tarasorganic.com/about/sustainability">https://tarasorganic.com/about/sustainability</a> Just Salad Chain: <a href="https://www.justsalad.com/sustainability">https://www.justsalad.com/sustainability</a> Necessary Coffee: <a href="https://www.necessary-coffee.com/">https://www.necessary-coffee.com/</a> Miss Bao: <a href="https://www.missbao.ca/our-vision">https://www.missbao.ca/our-vision</a>  Precious Plastic: <a href="https://www.preciousplastic.com/">https://www.preciousplastic.com/</a>
References	Morales-Caselles, C., Viejo, J., Martí, E. et al. An inshore–offshore sorting system revealed from global classification of ocean litter. <i>Nat Sustain</i> 4, 484–493 (2021). <a href="https://doi.org/10.1038/s41893-021-00720-8">https://doi.org/10.1038/s41893-021-00720-8</a>  Plastic Free Restaurants. (n.d.). Plastic Free Restaurants. <a href="https://www.plasticfreerestaurants.org/">https://www.plasticfreerestaurants.org/</a>  Taylor, M. (2022, July 25). Plastic in the depths: How pollution took over our oceans. <i>The Guardian</i> . <a href="https://www.theguardian.com/environment/2022/jul/25/plastic-in-the-depths-how-pollution-took-over-our-oceans">https://www.theguardian.com/environment/2022/jul/25/plastic-in-the-depths-how-pollution-took-over-our-oceans</a>

## Lesson Plan for Activities & Scenarios #1 (include 1-3 activities & 1-2 scenarios)

### **Activity 1: Case Studies of Zero Waste Restaurants**

Overview: Learners will work in groups to examine case studies of restaurants that are successfully working towards zero waste. Each group will analyze a different restaurant and map out its sustainable practices related to food and plastic waste reduction.

Duration: 20 minutes

*Instructions:*

Step 1: Introduce Activity

Goal: To understand the sustainable practices of zero-waste restaurants and how they reduce food and plastic waste.

Step 2: Group Work

Divide learners into groups and send the links to each restaurant. If more than three groups, assign more than one group the same case study.

Case Study 1: [Jersey Joe's Coastside](#)

Case Study 2: [Ballast Coffee](#)

Case Study 3: [House of Dim Sum](#)

In groups, learners should discuss and map out the following:

- What strategies did the restaurants choose to reduce plastic waste?
- What was the impact to the restaurant?

Step 3: Presentations:

Each group will present their findings to the entire class. Encourage discussion and comparisons between the practices of different restaurants.

*Reflection*

- What are some common threads between the three case studies?
- Did anything stand out to you? What surprised you?
- What concerns do you still have?

**Scenario 1: Mezes/Tapas Restaurant Action Plan**

Duration: 40 minutes

Scenario Overview:

Inspired by the case studies, each group will now create an action plan for a Mezes/Tapas restaurant.

Scenario:

You are the restaurant manager of a Mezes/Tapas restaurant. The restaurant is a busy restaurant on all nights of the week. You offer both dine-in and takeout/delivery options. Although all dine-in materials are made out of non-plastic items, all takeout/delivery and food that is taken home from diners who dine in are single use plastic containers and plastic bags. Given that the restaurant is a mezes/tapas restaurant, approximately 5-10 containers are used for each order. You are increasingly concerned about the amount of single use plastic that the restaurant is using, but you are also

concerned that going zero waste will financially harm the business as takeout is a large portion of the restaurant profits.

Instructions:

Step 1: Group Discussion:

Groups should analyze:

- How much plastic waste is currently generated.
- Potential alternative packaging (e.g., biodegradable or reusable containers).
  - For inspiration invite learners to check out these restaurants:
    - Tara's Organic: <https://tarasorganic.com/about/sustainability>
    - Just Salad Chain: <https://www.justsalad.com/sustainability>
    - Necessary Coffee: <https://www.necessary-coffee.com/>
    - Miss Bao: <https://www.missbao.ca/our-vision>
- Strategies to reduce food waste (e.g., portion control, food donation).
- The financial and environmental impact of these changes based on what they learned in Activity 1.

Step 2: Presentations (15 minutes):

- Each group will present their action plan, which should include at least 3 changes to the restaurant operations.
- You should plot out the suggestions on a whiteboard/flipchart to keep track of all the suggested strategies. Group them as you see fit.

Step 3: Big Group Discussion

As a large group, agree on the 3-5 most effective/impactful changes from the ones suggested.

### **Activity 2: Plastic Bag Art**

Overview:

Over the course of 2 weeks, participants will collect as many plastic bags as possible from their daily lives. At the end of the collection period, groups will work together to repurpose the plastic bags into creative projects.

Duration: 30-40 minutes (after collection period)

Instructions:

Step 1: Collect Plastic Bags (Over 2 Weeks):

Ask learners to collect plastic bags from home, work, or other daily activities. The goal is to bring as many plastic bags as possible to the group meeting.

### Step 2: Get Creative!

In groups, learners will brainstorm ways to creatively repurpose the plastic bags.

Some Ideas for examples:

- Plastic Bag Yarn (Plarn): Create yarn from plastic bags to crochet or knit items.
- Woven Baskets or Mats: Weave bags into functional items.
- Plastic Bag Art Installations: Use bags to create sculptures or murals.
- Reusable Shopping Bags: Stitch bags together to create stronger, reusable versions.

### Step 3: Presentation (10 minutes):

Groups will present their plastic bag creations and explain their process.

### **Activity 3: Reuse: New Business Idea!**

Overview:

Inspired by the Precious Plastic initiative, learners will work in small groups to come up with innovative ways to reuse recycled plastic in the kitchen or restaurant setting.

Duration: 25 minutes

Instructions:

#### Step 1: Introduce Precious Plastic

Share the website of Precious Plastic project to learners. <https://www.preciousplastic.com/>  
Invite learners to check out the potential materials that can be created with shredded plastic.

#### Step 2: Group Work (15 minutes):

Divide learners into groups of 3-4.

Each group should come up with three practical products made from recycled plastic that could be used in a restaurant/cafe.

#### Step 3: Share Out

Each group will present their ideas and discuss how these products contribute to the circular economy.

Reflection:

Conclude the session with a discussion on the importance of innovation in waste reduction, particularly in industries like hospitality. Ask learners to reflect on the feasibility and practicality of their ideas in real-world settings.