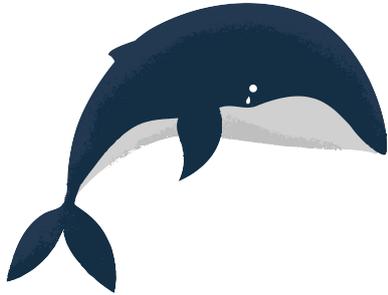


# How to picnic plastic-free

Ready to start planning your Plastic-free Picnic? Great!

Read on for ideas and tips that will make it a fun and relaxed event with no plastic waste.

"It takes real planning to organise this kind of chaos - Mel Odom



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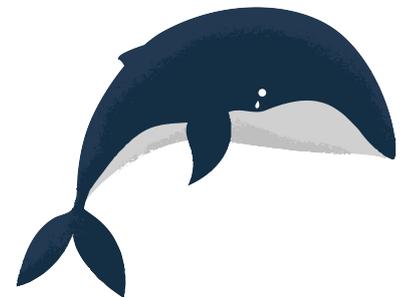
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**Ask guests to bring their own refillable water bottle (already full) or a reusable mug for hot drinks taken along in Thermos flasks.**

**Depending on where you are going, drinking water will be available from park cafes or drinking fountains. Alternatively, download the Refill app to find the nearest place to refill bottles. Remember to avoid plastic straws and, if you must have them, take metal or paper ones, which you can find on AmazonSmile or at [whales.org/support/shop](https://whales.org/support/shop).**

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**Keep your cool by freezing your water bottle then using it to keep your food and drink cold en route. Keep ice cubes in a Thermos flask or avoid them altogether and use frozen grapes instead - they'll cool your drink and serve as a cheeky snack when you've finished!**

**Ditch the cling-film and save money: wrap sandwiches, cakes, pies etc in a tea-towel (which can double-up as a serviette) or invest in some reusable beeswax wrap or compostable brown paper. Other alternatives can be found on our sheet.**

**Go fancy:**

**Combine your Plastic-free Picnic with a big sporting event such as Wimbledon and sere fizz and strawberries with your picnic!**

**Cocktails can be made in advance and decanted into jam jars, which can also be used as glasses!**

**Ditch disposable barbecues. Disposable barbecues are increasingly banned in parks and open spaces due to fire risk, but they are also incredibly wasteful. If you are planning to barbecue, invest in a small portable one or build your own using an oven rack and some old bricks.**

**A home-made picnic is much cheaper (and lasts longer) than the family eating out at a cafe, so ask guests for a donation to take part or**

**Combine your picnic with one of our simple fundraising ideas. Request our Name the Whale/Dolphin Game and offer a small prize for the winning name.**

**Wrap it up! Single-use plastic is cheap but the impact is devastating. Sturdy, reusable plastic plates, containers or cups that you already own are fine to use, but avoid buying more single-use plastic. Enamel plates are a good light option if you have them, or bring ordinary everyday ones: get some cheap ones from a charity shop if you don't want to take your own. Alternatively, lightweight crockery for camping can be found online or Tupperware lids make great plates! Go plate-free even: load salads and dips onto flatbreads or crackers and simply eat.**