



# OurPledge

## How to throw a

## Plastic Free Party





# About OurPledge

Run by co-founders Rachael and Alis, OurPledge is a social enterprise that uses technology to put power back into the hands of communities creating collaborative projects that encourage local, economic growth.

We are on a mission to disrupt existing systems, putting power back into the hands of citizens to bring about significant changes that are positive for people and planet. We run educational sustainability events, offer market research to businesses and run crowdfunding campaigns to make the good stuff happen.

Based in Leytonstone, E11, we were proud to be a part of the Relief Festival this Summer, showcasing how communities can reduce plastic by creating networks and supporting small businesses. Oh - and eating cake!

What follows is an overview of how to run plastic-free kids parties - we hope you enjoy it. If you'd like to learn more about what we do, or have any thoughts on how we could collaborate, then please do get in touch.

Find us at [www.ourpledge.co.uk](http://www.ourpledge.co.uk) | @ourpledgeuk







# Our Plastic Free Parties Mini Fair

Let's face it, we all love parties... and following this year, the prospect of meeting up to celebrate together is very tantalising! Especially for the kids :)

However, parties can create a lot of unnecessary waste - with better choices, we can have great kids parties with less rubbish. Which is better for everyone. It's not always easy to know where to start and how to find alternatives.

That's why we hosted our very own get-together focusing on how to stay plastic free while also having a whole lot of FUN.

This guide showcases all of the information we sourced from our plastic-free partners and friends who helped us on the day.

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Enjoy!...



# What's the issue?

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From invitations, through to disposable plates and cups, via bunting, food packaging, party bags, even party outfits... kids parties can create huge amounts of waste.

To give you a sense of how much plastic we throw away after even a small bash, between July 2020 and July 2021, the fabulous Party Kit Network helped party hosts avoid over 100,000 single-use items through the hire of their 500 kits of reusable tableware. If they can do that during a year of lockdowns, imagine what we could do in a normal party-filled year!

According to metrics used by sustainable resource charity Wrap, 100,000 single-use items equals 4 tonnes of plastic, equivalent to over 3000 tonnes of CO<sub>2</sub> (or over 1 million fire extinguishers full of greenhouse gasses).

Astounding. Just imagine what more we can do together!







# Our Top Tips for a plastic-free kids party

We had the pleasure of working with Party Kit Network and Puddles London who joined us on the day for plastic-free fun. Here are some of our top tips for cutting back on plastic and maximising on fun.

## Party Favours

- Party Kit Network say: "One of our favourite ideas for avoiding plastic party bags is to give a Cookie Recipe Jar instead. These are easy to put together at home and can be adapted for any dietary requirements. They make a great activity for after the party and there's no waste. There's a guide to making your own on our blog: <https://www.partykitnetwork.org/post/zero-waste-cookie-recipe-jars>"
- Puddles London say: "Try offering a reusable fabric party bag or recyclable brown or white disposable bag with handle. Fill them with good reusable items like books, crafts, little pictures to keep, school stationary. Books can be distributed individually too instead of the party bag. Use recyclable wrapping paper avoiding those with metallic elements or wrap with fabric or magazine pages."
- OurPledge say: "If purchasing items to give away, be sure to support local makers and producers. If you need to keep costs down, try bulk buying with other parents."







## Plastic-free decorations

- **Party Kit Network say:** “The most popular reusable decoration found in our party kits is bunting. Normally made from fabric, bunting can be used again and again. It's a great way to add colour to an event and can even be themed. Many party kits lend bunting or you can make your own. If sewing isn't your thing then try making bunting from felt shapes, ribbons or even old birthday cards. There are more plastic-free decorations ideas on our blog: <https://www.partykitnetwork.org/post/eco-friendly-decorations>”
- **Puddles London say:** “Reuse reuse and reuse! If your decor looks nice and not damaged keep it, reuse it or pass on to friends /neighbours/colleagues. If using balloons, go for latex over foil and only from reputable and responsible suppliers. Choose balloon garlands (air filled) over helium balloon bunches. Avoid confetti and glitter as much as you can. Avoid plastic table cloths instead buy a few fast dry fabric tablecloths and reuse them for all family events.”
- **OurPledge says:** “You can also buy bunting kits from small businesses such as Art Star London. These make-at-home decorations can be a good pre-party activity for kids and parents alike, and can be shared around for use at other parties afterwards too.”







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## Party Food

- Party Kit Network say: "It's easy to over-cater at parties, particularly for kids where there's often a heap of sandwiches leftover. With a bit of planning you can reduce waste by not over-buying but also by finding homes for any uneaten food after the event. There's a guide to avoiding food and packaging waste on our blog: <https://www.partykitnetwork.org/post/ways-to-avoid-food-waste-at-parties>"
- Puddles London say: "Use one big 5 l water bottle or tap/filtered water and big bags of crisps etc. over individual bottles and packs for everyone. This creates less plastic to recycle and less rubbish in the bin. Not every venue has a recycling bin so prepare yourself with rubbish segregation of your own. If you use themed napkins and plates, reuse them if unused or offer to other party hosts."
- OurPledge say: "If you do have leftover food, you can use apps like ShareWaste to find local neighbours with compost bins and room to share! [www.sharewaste.com](http://www.sharewaste.com)."







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## Final tips from Puddles London!

- Go shopping rather than ordering online. If ordering online trying to order in bulk to minimise deliveries.
- Book your venue for more time so you have more time to consciously deal with rubbish segregation.
- Have family and friends to help you. Don't put yourself through party organisation alone!

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## Final Fact from OurPledge!

If every family who visited our fair switched out plastic for one party only this year, our estimates suggest that we would have saved approximately 8,000 single use plastic items from landfill (that's invitations, plates, cups and cutlery, party bags, balloons, bunting and table cloths alone).





# Recommended Suppliers

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## *Party Kit Network*

Find your local party kit:  
<https://www.partykitnetwork.org/find>  
Website: <https://partykitnetwork.org>  
Email: [hello@partykitnetwork.uk](mailto:hello@partykitnetwork.uk)  
[@partykitnetwork](#)

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## *Puddles London*

Adventurous, environmentally friendly and hassle-free kids parties  
[www.puddles.london](http://www.puddles.london)  
[@puddles.london](#)  
WhatsApp +442034885444

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## *Art Star London*

Paper decorations and colourful craft kits  
[www.artstar.london](http://www.artstar.london)  
[@art\\_star\\_london](#)

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## *Paper Party Bag Shop*

a one-stop shop for plastic-free and eco-friendly party bags and party bag fillers  
[www.thepaperpartybagshop.com](http://www.thepaperpartybagshop.com)  
[@the\\_paper\\_party\\_bag\\_shop](#)

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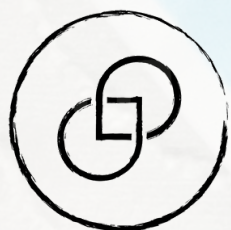
## *Conscious Party Box*

stylish themed party kits which provide everything you need to throw the perfect party with zero waste  
[www.theconsciouspartybox.com](http://www.theconsciouspartybox.com)  
[@TheConsciousPartyBox](#)

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## *Plastic Free Party Bags*

Quality Earth-kind party bags, stocking fillers and gifts, supporting Fairtrade and UK suppliers  
[www.plasticfreepartybags.com](http://www.plasticfreepartybags.com)  
[@PlasticFreePartyBags](#)







Lemzi and the team at the RELIEF festival for including us in their fabulous line-up. [www.reliefestival.co.uk](http://www.reliefestival.co.uk)



David and his team at St. John's Church Leytonstone for hire of their gorgeous grounds. [www.stjohnsleytonstone.church](http://www.stjohnsleytonstone.church) | @stjohnsleytonstone



Perky Blenders for providing much needed early morning coffee. [www.perkyblenders.com](http://www.perkyblenders.com) | @perkyblenders

Simona (and her family!) for providing delicious cakes - including a fabulous vegan selection. @dolce\_patisserie\_leytonstone

The Leytonstone Town Team for support and encouragement. [www.leytonstoneevents.co.uk](http://www.leytonstoneevents.co.uk) | @leytonstoneloveslocal

Waltham Forest Council for financial support via the Covid Recovery Fund.

Friends of the Suntrap Centre, our charity partner, recipients of £50 raised from our raffle. [www.suntrapcentre.co.uk](http://www.suntrapcentre.co.uk) | @suntrapforestcentre

Our thanks to

