

Recycled Plant/Seeding Pots

You will need -

Cardboard Tube
Newspaper
Cup/Glass
Egg Boxes
Juice Carton
Milk Carton Bottle
Plastic Drinks Bottle
Scissors

You don't need to buy anything special to plant and grow your own food. We have plenty of things we throw away which we can use instead.

You may need to keep your seeds warm in colder weather so you can also make your own mini greenhouses.

Getting Started -

Make sure you have -

- All your equipment ready and to hand
- A clear workspace (outdoors if using soil)
- An adult to help if needed when using scissors

Remember to wash your hands when you have finished handling any waste or soil.



Recycled Plant/Seeding Pots

Method - Cardboard Tube Pots

1. Cut 5 slits equally around one end of your tube - approx. 3cm
2. Push each section down working in a circle
3. Push the final one into the tube and from the inside push flat
4. Make sure your pot will sit straight before filling

Method - Newspaper Pots

1. Use 1 sheet of newspaper and fold in half
2. Place your glass/cup onto the newspaper and roll it to make a tube
3. Push the open end of the newspaper into the middle of the tube to create the bottom
4. Push flat from the inside and make sure your pot sits straight before filling

Method - Juice Carton Planters

1. Rinse your juice carton - replace the lid and leave on
2. Lay flat on its wide side and cut the opposite wide side out
3. Fill with soil or compost

Method - Egg Boxes

1. Use each section to plant a seed in each
2. Your egg boxes can be planted directly into the ground later on as they are biodegradable

Method - Mini Greenhouse

1. Rinse out your bottle and remove the lid and all labels
2. Push the centre of your bottle flat and cut in half
3. Place the top half over your seeds as is
4. Pierce holes in the bottom half to allow air and moisture in and use in the same way

Method - Plastic Milk Carton Watering Can

1. Wash your milk carton out
2. Remove the lid and pierce a number of holes
3. Fill with water and replace the lid - use as a watering can

Find more growing ideas and grow-a-long videos at -
www.healthyschoolscp.org.uk/healthy-eating/foodsmartforthehafprogramme

