



## Lowestoft lunchtime stride and pick report 4.3.2020

To do our bit to mark World Wildlife Day, five members of staff from Food Safety, Environmental Protection, and Estates volunteered an hour of their lunchtime filling five full bags of litter and filled a wheelbarrow too, removing lots of potential hazards to small animals.

Our route took us along Durban Road then across Tom Crisp Way down Kirkley Ham, where we had a nice chat with a local resident who told us that he has just purchased his own litter pick kit to enable him to do his bit to help keep his local neighbourhood clean.

The main items of litter found were:

- Plastic fragments – as plastics degrade, they break up into pieces and become very difficult to retrieve from the environment, and also are more likely to enter the food web through consumption by worms, birds, and other animals. Degradable and biodegradable plastics aren't recyclable either and should be avoided wherever possible and never set loose into the environment.
- Drinks cans—should always go in the recycling – aluminium cans can be recycled an infinite number of times.
- Cigarette ends (filter tips are made of tiny plastic fibres, full of toxins when discarded). Responsible smokers always stub it out and use an ashtray or a bin. Portable pocket ashtrays are available for free from Norse depots.



The most surprising items were:

Three Asda shopping trolleys (all reported to Asda requesting retrieval)

A mop and a garden chair

The worst items found were:

Lots of dog dirt and broken glass (reported to East Suffolk Norse)

Two utility knives



The total weight of rubbish collected was 21.82kg of which 2.26kg was separated for recycling consisting of four glass bottles, 26 cans and 8 plastic bottles.

This staff Lunchtime Stride and Pick, in support of the Greenprint Forum's [Plastic Action](#) campaign, was a great opportunity for staff to get some fresh air whilst getting active and connecting with the community and with nature whilst of course improving the local environment for the benefit of local people and wildlife. We nominated the charity Marine Wildlife & Rescue to benefit from the £20 donation from Norse as part of the [Love East Suffolk](#) reward scheme.

