

Reducing Your Plastic Footprint



Materials

1. Polystyrene, example from a clamshell food container
2. Markers or colored pencils
3. Scissors
4. Hole punch or something to make a hole in the plastic design
5. Paper bag or foil or parchment paper
6. Oven/Toaster Oven
7. Oven Mitt
8. String

Instructions

1. Cut out a flat portion of the polystyrene. Be careful of sharp edges as you cut.
2. Trace or draw your footprint or another design using any black permanent marker or colored pencil or marker on the plastic.
3. Color your design. Be creative and make it fun. Use a lot of big detail that you can see when shrunk. Very light or fine printing may be lost upon shrinking.
4. Carefully cut around your design.
5. Punch a hole if desired so you can make a key chain or backpack accessory.
6. With an adult present, preheat a toaster oven or conventional oven to 325^{o}F.
7. Grab an oven mitt or something else you can use to grab the plastic once it comes out of the oven. Place your plastic on a foil, parchment, or paper bag and put into the oven.
8. Watch your design shrink before your eyes! After the design lies flat (~1-3 minutes), wait another 30 seconds then carefully remove from the oven. PLASTIC WILL BE VERY HOT! Wait to cool before handling.
9. Attach string and place it somewhere to remind yourself to use less plastic.