

Lunch & Learn Workshops

Inspiring change
makers in our
community

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About Impact Earth Education

Our education programs are set up to train and develop environmental change makers in our community! Impact Earth Education is focused on early education, household habits, supporting conscious communities, and building a circular economy.

How we accomplish these goals:

- Hosting Lunch & Learns
- Hosting high school workshops
- Offering online content to Patreon members
- Hosting Eventbrite classes



About Lunch & Learns

Our lunch & learn workshops are engaging and educational sessions for groups to learn more about zero waste and sustainability! These 60 minute sessions have been designed to introduce adults to sustainable practices, environmental issues in current events, and their personal and professional impacts on the world around them. Sessions can be in-person or virtual and include a presentation and guided discussions.

Topics include

- Composting 101
- Composting and Recycling Right
- Greenwashing
- Business and Environment
- Sustainable Lifestyle Products
- Compost Soil and Soil Health (Coming Soon)
- Eating for the Environment (Coming Soon)

Pricing Structure

- Cost per group (in person): \$200
- Cost per group (virtual): \$150



Course Option 1: Composting 101

This session explores the benefits of food waste diversion from landfill. We'll cover methane production associated with organic waste as well as the current state of landfill usage throughout the country. We'll also dive into the services Impact Earth offers which help the community reduce their environmental impacts by composting.

By participating in this lunch and learn, individuals will:

- Understand the environmental effects of food waste
- Learn how households can divert food waste and the benefits of doing so
- Discover compostable alternatives to every-day items

Overview:

What is Impact Earth?

Explore the services Impact Earth offers including composting, lifestyle, and education. Learn more about our history and our vision for a more sustainable future.

Composting

Understand composting from generation, collection, processing, to use. Discuss how food waste diversion reduces greenhouse gas emissions. Learn basics to composting in your backyard.



Compostable Swaps

Examine your lunch to identify single use, recyclable, and compostable items. Understand product life cycles to determine which items and swaps are the most practical and sustainable for your lifestyle.

Course Option 2: Composting and Recycling Right

Similar to Composting 101, this session explores the benefits of food waste diversion from landfill, but focus on commercial composting and how it works. We'll cover who Impact Earth is, how and where we compost, and what is compostable. The second half of the presentation looks at how to recycling in your County. We'll discuss accepted items, where to drop off other items, and plastics to avoid/reduce.

By participating in this lunch and learn, individuals will:

- Understand how commercial composting works
- Learn how to recycle right
- Alternatives to plastic in the home

Overview:

What is Impact Earth?

Explore the services Impact Earth offers including composting, lifestyle, and education. Learn more about our history and our vision for a more sustainable future.

Commercial Composting

Understand commercial composting from generation, collection, processing, to use.



Recycling Right

Examine the recycling options in your County. Learn easy ways to reduce your plastic purchase.

Course Option 3: Greenwashing

This session explores the deceptive marketing strategy known as "greenwashing". We'll address business' motives and techniques to make their products appear eco-friendly. Then we will discuss consumer best practices to question product marketing.

By participating in this lunch and learn, individuals will be able to:

- Identify common greenwashing marketing strategies
- Discern fair from elaborated claims
- Understand how to accurately determine a product's environmental footprint

Overview:

Definition of Greenwashing

Explores the consumer driven requirement that products be made ethically. Understand what is important to consumers, and how businesses can take advantage of these priorities to make a profit.



Red Flags

Discuss common greenwashing marketing strategies such as eco-themed labels, buzz words, and packaging redesign.

Are you Gullible or Knowledgeable?

Develop tools to find accurate company and product information. Understand the differences between third-party and in-house certifications and reports.

Course Option 4: Business & the Environment

This session explores the intimate relationship between people, the planet, and profit. Explore the ways in which a business benefits from making sustainable changes and how businesses can effectively communicate these efforts to their stakeholders. Finally, address ways each employee can become a change maker both at work and home to benefit the community.

By participating in this lunch and learn, individuals will:

- Define "Corporate Social Responsibility" and assess your company
- Understand relationships within the Triple Bottom Line and how this impacts company decision making
- Explore opportunities and metrics to communicate sustainability efforts
- Discuss individual efforts which can be made at home and in the office

Overview:

Corporate Social Responsibility

Understand the role businesses play in the environment, what it means to be a socially responsible company, and how this benefits all involved.



Communicating Efforts

Understand the benefits of communicating efforts with stakeholders. The importance of transparent communication will be highlighted and linked to the negative effects of greenwashing.

Individual efforts

Discover ways that each employee can make a difference in the office and at home.

Course Option 5: Sustainable Lifestyle Products

This session will teach participants how to recognize their plastic purchases and ways to minimize them. Single-use plastic is all around us and easy to go unnoticed if we let it. Learn the statistics of plastic lifecycle and where they end up. After, participants will explore alternatives to our most common single-use purchases, where to find them, and easy next steps!

By participating in this lunch and learn, individuals will:

- Understand the affect that single-use plastic has on the environment
- Discuss how to identify single-use plastics you purchase often.
- Explore sustainable alternatives

Overview:

A Plastics Lifecycle

Understand the time it takes for plastic to breakdown and how it affects the environment.



Common Household Plastics

Have you ever completed a plastics audit? Learn the steps to completing one on your own and how it can help track the common plastics you purchase.

Sustainable Alternatives

Discover alternative household items that can swap out your single-use plastics. Learn how to choose the most economical option considering all avenues of production.

Frequently Asked Questions

When should I book my workshop?

We recommend booking 4-6 weeks in advance.

Is there a cancellation fee?

A \$75 cancellation fee will be charged if the event is canceled or rescheduled within less than 48 hours notice. No fee will be charged in the event of closure due to winter weather conditions.

Do I need to provide anything for the workshop?

For in-person workshops, we request that you provide: chairs for all participants, internet access, and audio-visual equipment including a projector and speakers. For virtual workshops, we only ask that you provide audio and video capability for all participants

Do you have additional course offerings?

Yes! We are constantly developing new content. Additionally, we are happy to create custom presentations for your unique situation. Reach out to our team for more information about additional course offerings.

Where do I go from here?

Following your first lunch & learn workshop, we like to schedule a follow-up meeting to discuss next steps. For some groups, environmental education becomes a regular part of their programming. For others, they are ready to jump in to composting or certifications with us. Reach out to our team for more information about next steps.