



SUNNY JAR  
eco hub





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(Wen.)**



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## A GUIDE FOR COMMUNITIES, GROUPS AND ORGANISATIONS TO REDUCE SINGLE-USE PLASTIC IN THEIR LOCAL AREA

This toolkit was written and produced by the Sunny Jar Eco Hub team. We are a social enterprise based in London, fostering greener living in the city. We provide workshops and activities, creating opportunities to make sustainable living easy and accessible for all.

We believe that, collectively, people hold the wisdom, skills and knowledge needed to live more sustainably. We facilitate spaces and create moments to come together and learn from each other.

Our gentle approach to activism is centred around community wellbeing and small, eco-friendly changes that people can incorporate into their daily routines which bring joy and a connection to our planet.



## INTRODUCTION

A GLOBAL ISSUE

&

A LOCAL RESPONSE

## A GLOBAL ISSUE

Plastic pollution isn't just about litter—it's a major climate issue. By 2050, the production and disposal of plastic could generate 56 gigatons of emissions—using up 14% of the world's remaining carbon budget. That's a massive toll on our climate, driven by everyday items, like takeaway packaging, bottled drinks, cling film, and shopping bags.

Changes in the climate is the single biggest health threat facing humanity. Climate impacts are already harming health, through air pollution, disease, extreme weather and loss of biodiversity.

When you consider both the environmental harm and the growing impact on our world, it's clear- we need to take action to cut down our use of plastic.



THE  
WORLD USES  
5 TRILLION  
PLASTIC BAGS  
A YEAR

2/3  
OF OUR  
PLASTIC WASTE

IS DUMPED IN  
OTHER  
COUNTRIES LIKE  
MALAYSIA,  
TURKEY,  
BANGLADESH  
& POLAND

1 IN 4  
FISH THAT WE  
CATCH CONTAIN  
PLASTIC IN  
THEIR  
STOMACHS

FIND LINKS TO THE FACTS  
IN THE REFERENCES SECTION



# A LOCAL RESPONSE

Plastic Free Poplar was a community project completed in 2023.



## AIMS OF THE PROJECT

Encourage local residents to take action to reduce single-use plastic waste in the Poplar area.

Further develop residents' resourcefulness and knowledge on how to reduce their plastic waste.

Foster community connection through making and learning together, whilst caring for the local environment.

We worked with schools, local businesses, community organisations and residents, reaching over 1000 people. Using community-led and co-production approaches, the project included practical workshops, art installations, community meet-ups and litter picks.

Plastic Free Poplar is part of Just FACT (a JUST Food and Climate Transition), a network of people and projects in Tower Hamlets, coming together to create the building blocks for an alternative food system that is democratic, environmentally sustainable, and people-driven.

See <https://justfact.co.uk> for more information



## VALUES OF THE PROJECT

### FOR EVERYONE

Providing welcoming, inclusive and safe spaces, sharing ideas and supporting wellbeing

### JOY

Bringing positivity & fun



### LONG-LASTING CHANGE

Encouraging resilience, forging relationships & creating resources

### KINDNESS TO THE PLANET

Sharing & reusing, composting, upcycling & litter-picking.

In this toolkit, you will discover the insights, tools and activities that were core to the success of the Plastic Free Poplar project. The toolkit is split into the different project stages, with ideas for each stage.

We hope it will be useful to support you and your community to reduce single-use plastics and contribute to a more sustainable neighbourhood.

Read more about our project on our website:  
[www.sunnyjarecohub.com/plasticfreepoplar](http://www.sunnyjarecohub.com/plasticfreepoplar)



**TALK TO  
LOCAL  
BUSINESSES**



Getting to know the community is vital in understanding the current issues with single-use plastics in the area and to build relationships with community members. It was the first stage in our project and helped us discover how people felt about the plastic problem.

We ran fun activities to have initial conversations with local residents. We also introduced ourselves to key people, further growing our network. Speaking to the businesses on the high street was also important at this stage.

## **2 GET TO KNOW YOUR COMMUNITY**

**CONNECT  
WITH  
SCHOOLS**

**KNOW YOUR AREA**

**&**

**BUILD RELATIONSHIPS**

**USE YOUR  
NETWORKS**

**TAKE PART  
IN  
COMMUNITY  
EVENTS**

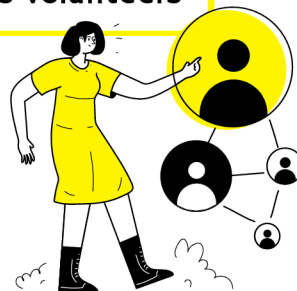


# GATHER A LOCAL NETWORK

Your network can help you connect with the right people and expand your reach. The list below is just a starting point- you may discover more connections as your project grows.

WHO	HOW THEY CAN HELP
Local Councillor	Making connections with local schools and key community contacts.
Librarians	Libraries can provide opportunities for workshops and host exhibitions.
Teachers & Schools	Working with schools will help engage young people and communities.
Business owners	Collaborate and support sustainability efforts together.
Community centres	Our local community centre provided free space for our monthly meet-ups
Local groups with shared values	Groups like 'Friends of the Earth' can amplify and join events as volunteers

Think about who you could contact and how can you grow your local network.



# TALK TO LOCAL BUSINESSES

Much of our single-use plastic waste comes from purchasing convenience foods and everyday shopping. Engaging with local businesses about this issue is important.

## BENEFITS TO BUSINESSES

Many businesses will find that reducing single-use plastics can save them:



Money + Time + Appeal to the eco-conscious consumer

You may find businesses that are already taking steps to cut down on their plastic use. We discovered that our local pie and mash shop was repurposing old milk bottles from the nearby café to store their gravy!

## ASSESSING SINGLE-USE PLASTIC CONSUMPTION

It's helpful to assess how much single-use plastic a business uses. This initial measurement serves as a baseline, allowing you to track any changes by the end of the project. For example, a reduction in plastic bag use could mean lower costs for the business. Conducting a survey will help gather this important information.

We worked with Queen Mary University students and Plastic Free Roman Road to create a survey. Find a link to an editable version on the resources page at the end of this toolkit.

# CONNECT AND HAVE FUN

Learn more about the people in your community through creative and engaging ways. Talk to people on your high street. Find out what they care about and where your project intersects. A fun activity is a great way to strike up conversation and connect on common issues.

## PAPER BUNTING

Set a stall in a busy area like the high street. Invite passers by to stop and share their opinion or answer a question. Try "What are your concerns with plastic pollution?" or "What do you do to reduce plastic at home?" and write it on a shape and peg to a line for others to read.

You will need:

- Paper (up-cycle old magazines, cereal boxes, single-sided printed paper)
- Pre-cut shapes
- Colour felt-tip pens
- Twine
- Pegs

Decide on your bunting's shapes to fit your project theme. It could be sea creatures to represent ocean pollution, light bulbs for ideas or anything else easy to draw and cut. Pre-cut some shapes ready for people to start writing. You can ask participants to draw and cut their own shapes to make it more creative.

## INCLUSIVE ENGAGEMENT

Make participation easy and welcoming for all by ensuring accessibility for diverse needs and catering to a wide variety of people at different times, locations and spaces. Consider different ways people can participate. Try holding a variety of workshops in different community spaces, on the weekends and in the high street.

Family friendly activities like crafts are a fun way to engage with people. While little hands are busy crafting, the adults have time to hear about your project, share their ideas or sign up for future events.

## ACTIVITY IDEAS

Make natural playdough

Create flowers from plastic bottles

Paint with natural pigment

Craft decorations from tetra packs

## NATURAL PLAY DOUGH DIY

1 CUP  
FLOUR

1/2 CUP  
SALT

1/2 CUP  
WATER

2 TBSP  
OIL



Download the full  
tutorials from our website  
[www.sunnyjarecohub.com](http://www.sunnyjarecohub.com)



# 3 SPREAD THE WORD

ART  
EXHIBITION

&

COMMUNITY  
LITTERPICKS

LAUNCH  
YOUR  
PROJECT



Launch your project and spread the word! It helps to have a big event to share your project, to reach as many people as possible. It could even get you in the local paper.

We created an art installation with schools and toured it in the neighbourhood. We also ran litter picks to highlight the issue.



Letters  
to MP

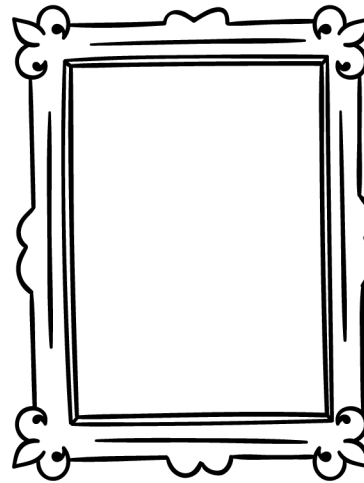




# HOW TO CREATE A COMMUNITY ART INSTALLATION

Connect with local schools or kids clubs and plan a series of workshops to create your art installation (for inspiration, see our project page, link in resources section). Include education on plastics and how to reduce plastic use. An important element is how to campaign- the children in our workshops all wrote a letter to their local MP and voiced their concerns for the future of the planet.

The community can also get involved with co-creating the art installation. Collaborate with different groups and invite them to make sections of the art installation for you.



## A TOURING EXHIBITION

Art is a great tool to bring people together and creates a talking point.

Find public venues to show off your completed art installation, along with posters raising awareness on plastic pollution. We exhibited ours in different community venues and in the local market for 12 months, engaging a wider audience.

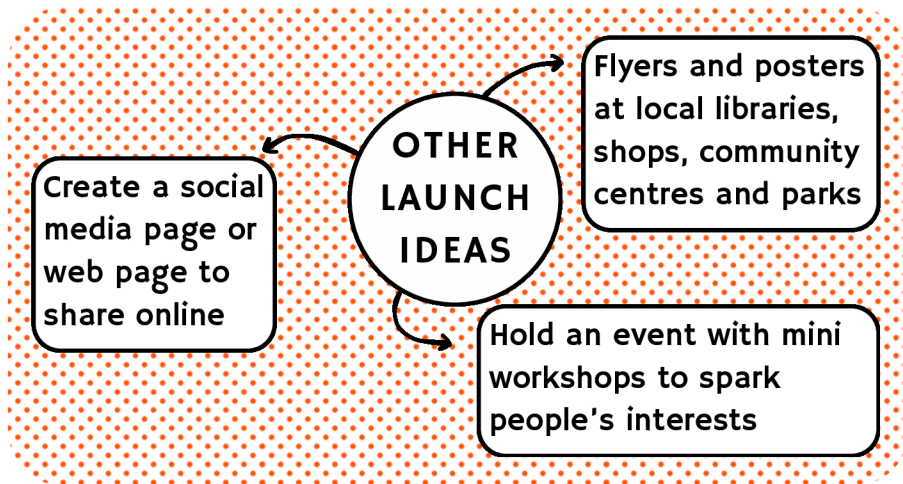
A touring exhibition is a great way to maximise the use of your artistic creations and show it to a larger audience.



## LETTERS TO MPS

When creating the art installation, take the opportunity to do some campaigning as a group. Let the government and local MP know about your concerns about the plastic problem in your area by sending letters or emails.

Find a link to a letter template at the back of this booklet.



# COMMUNITY LITTERPICK

Litter picks can help bring attention to your project by highlighting the impact of single-use plastic on our environment as well as caring for our neighbourhood. It is also a great way to meet others and enjoy some fresh air. By holding it in a busy place on your high street or parks, you are able to strike up conversations with the passing public.

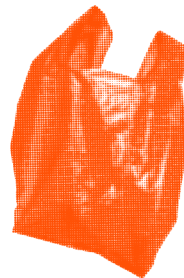
Kids love litter picking and are great ambassadors to get more people involved.

We borrowed  
litter-pickers from  
our council's waste  
team

## LITTERPICKERS' ESSENTIALS

- ✓ Litter-pickers
- ✓ Thick gloves
- ✓ Strong bin bags
- ✓ Willing volunteers
- ✓ Drinks and snacks, hot or cold drinks depending on the weather

Try joining forces with a local environmental group, like Friends of the Earth, to run regular litter picks. Walking groups or runners might be happy to help too.



## BENEFITS OF COMMUNITY LITTERPICKING

Care for the environment

Collective action

Community connection

Wellbeing

## 4 BRIDGE THE GAP

PRACTICAL  
WAYS TO  
ENGAGE

REACH OUT TO  
EXISTING GROUPS

&

FIND SHARED INTERESTS

Your community is made up of many people with diverse interests, values, and priorities. You can harness this diversity for your project by identifying shared interests and common goals, bridging the gap between people's needs and interests and the project's aims.

We connected with existing groups in our area, such as language classes and a homeschooling group. Through the variety of workshops we delivered, we found common interests in food, sewing and creativity, with many people excited to learn new skills and be part of the plastic-free journey.

INVOLVE  
YOUR  
COMMUNITY



# REACH OUT TO ESTABLISHED GROUPS

Connecting with existing groups can help to broaden your reach. It can save time and connects you with a diverse range of people who already meet regularly and ensures a mix of perspectives and experiences are included in your project.

Established groups may include coffee morning groups, local classes or other social and learning communities. While they may not identify as activists or environmentalists, it's a great way to raise awareness about how local community issues are also part of global challenges.

Check your local council's website for a list of community groups active in your area.

## LOCAL GROUPS TO LOOK OUT FOR :



Scouts



Home school groups



Language classes



Coffee mornings



Eco groups



Gardening groups



Parenting groups



Art Clubs

# FIND SHARED INTERESTS

Practical activities are a great way to discover shared interests. We found that people joined our workshops for different reasons- some wanted to learn craft skills, others wanted to make their own products and save money and some were motivated by a desire to live more sustainably.

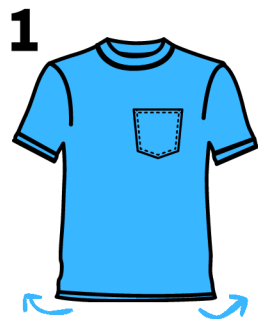
Participants may connect over shared interests and continue attending to strengthen their new connections. They will learn new skills and meet new people along the way.



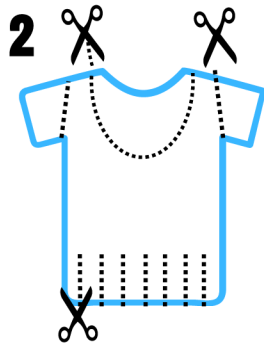


# T-SHIRT BAG MAKING

You can easily turn unwanted T-shirts into strong, reusable carrier bags. This activity encourages people to up-cycle textile waste and bring their own bag to the shop.



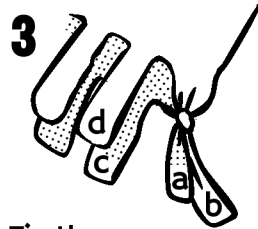
Turn your t-shirt inside out.



Cut through both layers.

a) Cut off the sleeves and neckline.

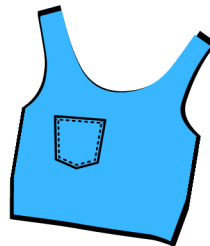
b) Cut a fringe along the bottom 2cm apart. Cut first & last strip in 1/2 along the seams.



Tie the front and back tassels together- tassels b to a and d to c.

4 Next, tie the adjacent tassels together, closing the gaps- tassels a to d and b to c.

5 Turn your t-shirt back the right way. All done!



If you want to show off the tassels, leave your T-shirt the right way round at the beginning.

# PLASTIC-FREE CLEANING

Reduce packaging waste and exposure to toxic chemicals by making your own cleaning products.

## THE TOOLS



Loofa



Coconut Bristles



Wooden Brush



Avoid Synthetic foam sponge

They shed micro-plastics during and after use.

## ALL-PURPOSE SPRAY



Suitable for all surfaces apart from marble and natural stone.

In a jar combine:  
-500ml of white vinegar  
-1 discarded lemon

Let infuse for 2 weeks.

Strain and pour into a spray bottle.

Top up with 500ML of water and use

## TOILET BOMBS

- 5 tbsp citric acid
- 10 tbsp bicarbonate soda
- 4 drops of essential oils (peppermint/lemon/eucalyptus)
- 2-3 drops of water

Mix everything together. Fill an ice cube tray with the mix and leave overnight to set.

Once set, store 'bombs' in an airtight jar.

To use: Drop one or two in the toilet bowl and leave to work for a few hours to remove limescale build up.





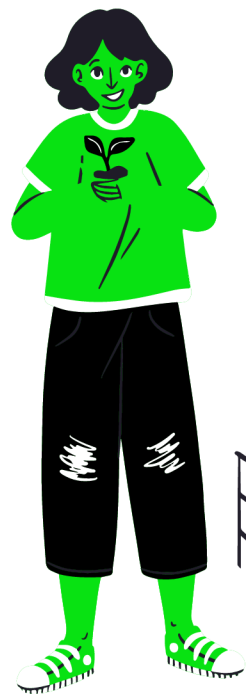
# 5 SKILL SHARE

SHOWCASE COMMUNITY  
SKILLS AND  
KNOWLEDGE

&

MONTHLY  
PLASTIC FREE  
MEET UP

ASK PEOPLE  
WHAT THEY  
WANT TO LEARN



ASK PEOPLE TO TEACH

The people in our communities are rich with skills and knowledge—often more than we realise. We can create opportunities for people to learn from one another, strengthening connections and fostering a sense of shared purpose. Skill-sharing also ensures that projects are shaped by those they are meant to benefit, making them truly community-led.

We ran monthly meet up skill shares in our local community centre. Initially, we led the sessions, but with encouragement and support, a number of people volunteered to facilitate the sessions and share their knowledge. A local entrepreneur, Elizabeth, introduced her natural skincare products. Tanjina, a local resident, shared her sustainable Ramadan practices and Paul taught the group how to make candles. Find their tips on the following pages.

# HOW TO RUN A SUSTAINABLE LIVING SKILLSHARE



**FIND A VENUE & SET A DATE**  
Choose an accessible & welcoming space.  
Best time? Weekends work great to maximize attendance!



**PROMOTE THE EVENT**  
Use flyers, social media, and word-of-mouth to spread the word.



**KICK-START WITH A FEW SKILLS**  
Have some skills prepared to share first. This helps set the tone and make participants feel comfortable.



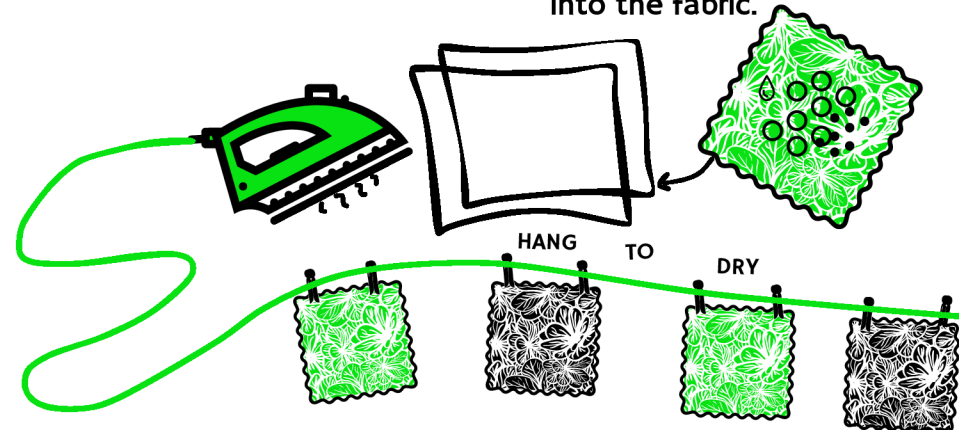
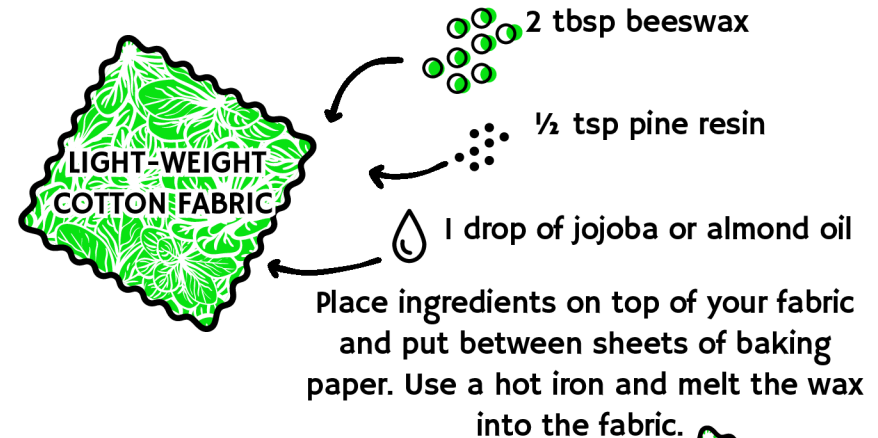
**ENCOURAGE COMMUNITY INVOLVEMENT**  
Ask for volunteers to share their sustainable living skills and showcase their talents.



**PROVIDE RESOURCES**  
Set aside a small budget or gather donated materials to support skill-sharing activities.

## BEESWAX WRAP DIY

Try making beeswax wraps, a plastic-free cling film alternative made from organic cotton, naturally anti-bacterial beeswax, jojoba oil and pine resin.



Beeswax wraps can be used for most foods. Activate by scrunching and warming with your hands. Wrap items and shape. Don't use with raw meat, fish and hot or wet items. Clean with cool water and mild soap. Store in a cool place. Lasts up to a year; refresh with wax or dispose of it in the compost.

# HOMEMADE TOILETRIES

As well as reducing packaging waste, making your own toiletries can save you money and be better for your health. Pamper yourself with these easy recipes.

## BATH SALTS

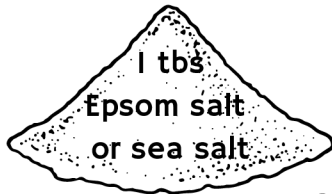
2 drops of  
essential oil  
of your choice



Put  
mix into  
an old  
sock, tie  
off top and  
pop into  
bath  
& relax



2 tsp dried lavender

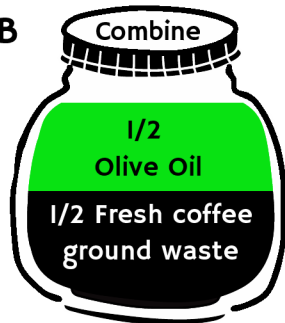


1 tbs  
Epsom salt  
or sea salt



3 tbsp oats

## COFFEE SCRUB



Try replacing olive oil  
with sunflower,  
coconut or almond oil  
You can also replace  
the coffee with oats  
or demerara sugar.

## ELIZABETH'S TIPS

Don't scrub too often as your skin sheds naturally. Over scrubbing can lead to skin irritation or excess sebum production. Instead, use it every 2-4 weeks and turn it into a relaxing spa day.

Download the full tutorials from our website  
[www.sunnyjarecohub.com](http://www.sunnyjarecohub.com)



# TANJINA'S UPCYCLED JARS

Repurposing jars for  
storage or home décor  
is a fantastic way to  
get creative while  
cutting down on plastic  
waste. We use jars as  
drinking cups, to hold  
pens and make fun  
treat jars for kids.

Our workshop facilitator, Tanjina,  
encouraged participants to  
explore sustainable Ramadan  
practices: making decorations,  
preparing healthy snacks, and  
embracing traditions without  
single-use plastic.

We up-cycled jars into good deed  
jars (During Ramadan, the jar is  
filled with slips of paper, each  
with a good deed written on it)

## GOOD DEEDS JAR

### YOU WILL NEED:

- Card cut in small squares  
(Old cereal packets work well)
- Pens
- 1 jar
- Tissue paper or fabric to decorate
- Glue (Find our flour glue recipe on our website)



1. Decorate your jar by glueing small bits of tissue paper or fabric pieces on it.
2. Write good deeds on the card pieces (Pick litter, plant flowers, cook together, help someone etc.)
3. You and your family members can take turns on a daily basis to draw a card and complete whatever deed is written on it.

# 6 GROW COMMUNITY IDEAS

COLLECT AND EXPLORE  
IDEAS

&

THE ACTION PLAN



A core part of the project is nurturing community-led ideas and co-creating an action plan for lasting change.

Your Plastic Free Community Action Plan should outline practical and achievable solutions, shaped by the input of local residents. Engaging the community ensures that the solutions are relevant and have a higher chance of success.

For our project, we used participatory action research tools to collect ideas and thoughts. These are designed to be easy to access and understand and quick to use in the community setting.



# COLLECT AND EXPLORE IDEAS

A strong community action plan starts with understanding the needs and interests of the people involved. Every engagement is an opportunity to listen and talk to people. Use simple tools to maximise your reach and collect a range of views.

Make an ideas board: Use a large sheet of paper or a white board. Encourage people to write their ideas down or mark a tick next to an idea they like.

Visual tools and data can help reach more people and encourage participation. Draw a community map together, or ask people to draw pictures or paintings of their ideas.

Keep questions open. Questions to start with could be: What helps you reduce plastic use? What are some things that don't help? What would you change if you could? Write on post-it notes and place under the questions. This can help you sort the answers later, when you are analysing your data.

## Surveys

Speak to businesses about their single use plastics use- surveys can be useful to gather this information (see page 11).

Cater to your community. Our local area has a large Bangladeshi population, and having volunteers who spoke the language boosted engagement.

Invite your workshop participants to help with gathering community insights! From gathering data to helping make sense of it, their contribution is valuable -and their experiences enrich the project as a whole.

Constructive discussion can play a key role in exploring the community's ideas. Dedicate part of your workshops to discussions and analysis of the research and information collected. Identify the key issues that matter most to your community and create the foundation of your Plastic Free Action Plan together.

Send surveys in emails or share them on social media. Ask community partners to share it with their audiences too. Create a QR code to the survey online and put the code on flyers and posters.



Collecting ideas

"We need more bins in the streets"





# THE ACTION PLAN

You should now have a range of ideas. To help you prioritise them and share them back with the wider community, hold another stall or event in your area. Ask people to vote for the ideas that are important to them- these will form the base of your action plan.

Community discussions and voting ensures that the action plan reflects the collective interests and needs of the people involved. It also helps to bring wider attention to the project and get support.

The level of community input will depend on the nature of the project. Some initiatives, like ours, prioritised broad reach, using simple voting to make decisions collectively. Others may choose to work closely with a smaller group of key community members who collaborate and make decisions together.

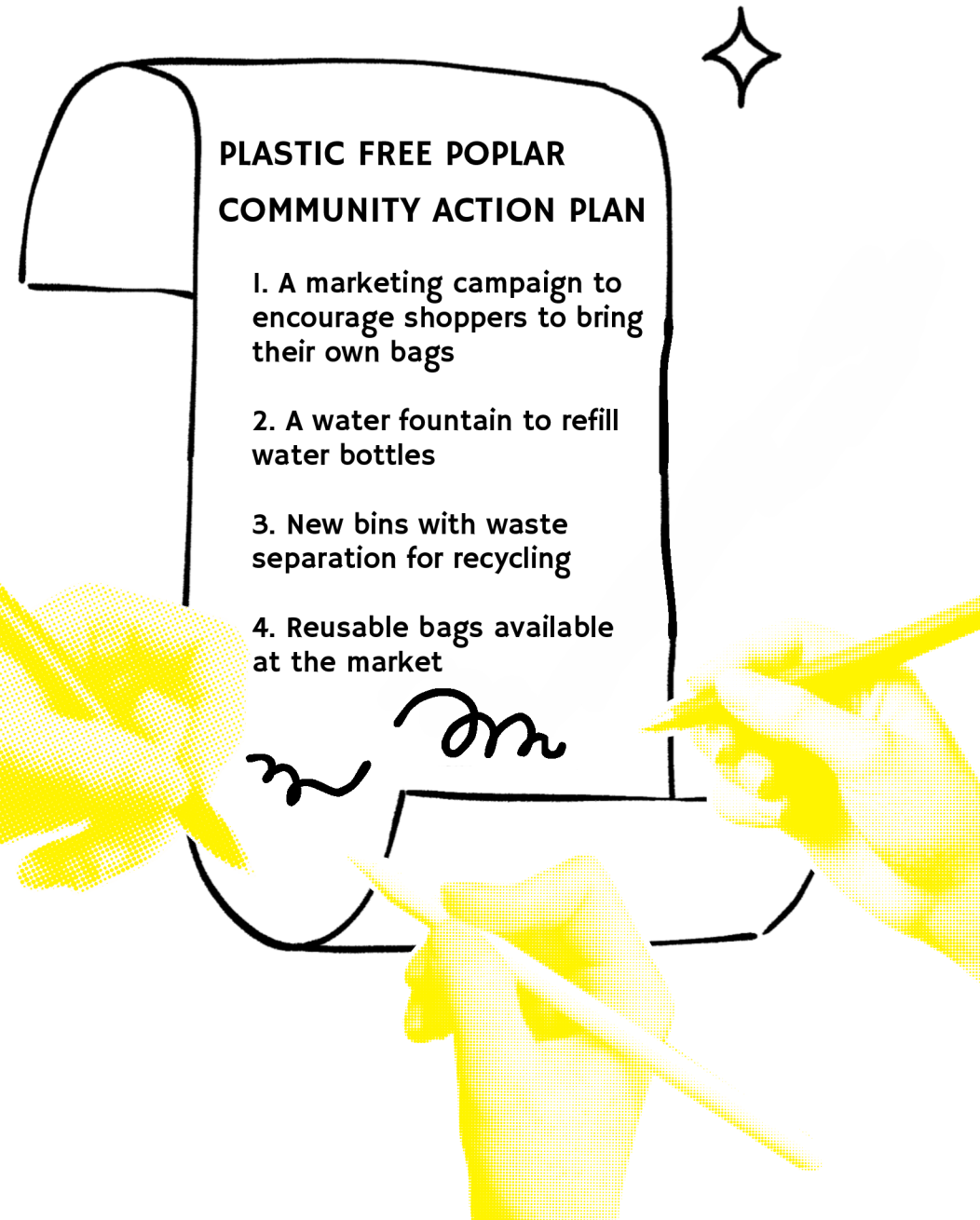
## CREATE A VOTING STATION

Invite people to place colourful bottle tops in the jar that is labelled with their favourite idea .



Now that you know what the community wants, you can apply for project grants and funding to further "action your action plan." We received project funding to do a marketing campaign in the local area to encourage people to bring their own bags- one of the actions supported by our community.

Share your action plan with key stakeholders, including local businesses, the council and their high streets team, and local residents. Ask people to sign it if they support the plan and start discussions on what needs to take place to take action.





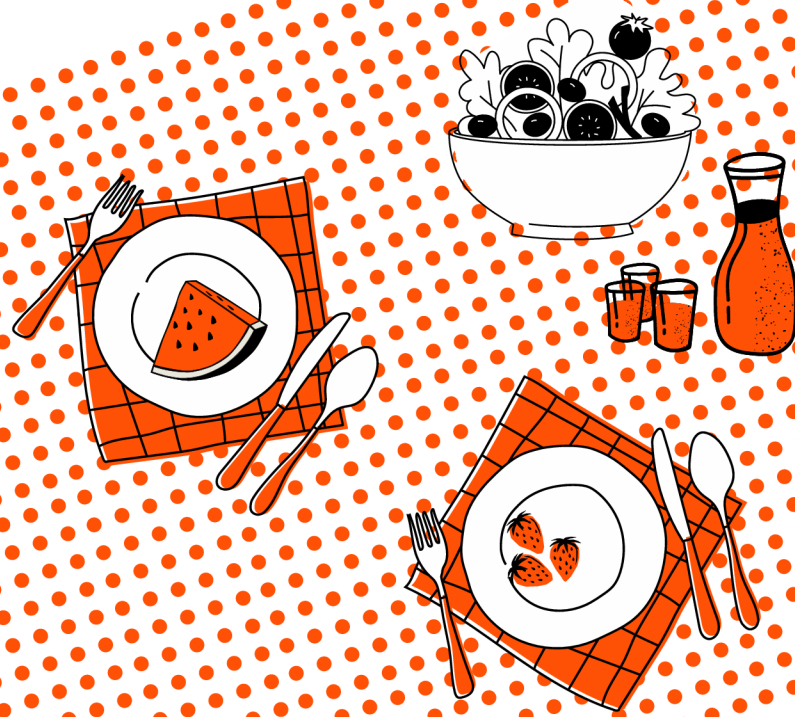
# 7

## TIME TO CELEBRATE AND REFLECT

RECIPE FOR A PLASTIC FREE  
CELEBRATION

&

PROJECT EVALUATION



Joy and celebrations are an essential part of any project—it's a chance to reflect, look back on what has been achieved and look ahead for next steps. It's all about bringing people together, connecting and growing.

We participated in many local community fairs and celebrations, and we also hosted our own seasonal events to bring people together to rethink and reshape our traditions in a more sustainable and environmentally-friendly way.

At different stages of the project, we took stock and reflected on what we've learnt from the project, using evaluation tools to help us measure its impact on the community.

# RECIPE FOR A PLASTIC-FREE CELEBRATION

## SERVES

A whole neighbourhood

## PREP TIME

A few weeks of planning

## COOK TIME

A day of laughter, connection, and shared purpose

## INSTRUCTIONS

### 1 PICK YOUR OCCASION

Choose something worth celebrating—even the smallest victories count. (we celebrated Plastic Free July with a picnic)



### 2 INVITE PEOPLE

Create flyers and post on local community boards, in cafes, libraries, and community centres.



### 3 PREP THE SPACE

Set the mood with music, lights, and a tidy space. Indoors or outdoors works, depending on your event.



### 5 DO SOMETHING TOGETHER

Take part in collaborative activities (cooking, crafting, dancing, singing... whatever you enjoy doing together)



### 6 GIFT A KEEPSAKE

Gift a meaningful keepsake that people could take home to remember the day. We created a recipe booklet filled with simple, sustainable ideas and distributed it widely to keep planting the seeds of plastic-free living in our community and beyond.



## ENERGY BITES

Combine...

10-15 Tbsp oats

5 tsp agave or golden syrup

5 tsp sunflower or nut butter

1 mashed banana

Topping (cocoa, coconut)

roll in...

cocoa powder

desiccated coconut

Add nuts, seeds or dried fruits...

Let the mix rest for 30 minutes  
Form bite size balls with the mixture and cover with topping





# PROJECT EVALUATION

Evaluation helps you improve your project, use your resources wisely, and show the impact of what you do. It can help you identify areas for improvement and learn from what was successful or what was challenging. It shows funders, partners, or the community what you've done, why it matters, and how you've used your time and resources, making your work more transparent and accountable. Keep things simple, have a plan to collect feedback and other things you want to measure and how to incorporate these measures throughout your project.

## COLLECTING FEEDBACK

Make collecting feedback and data part of your community engagement. It doesn't have to be difficult- Try simple questions on a large piece of paper with:

'What did you enjoy today?'

'What could have been better?'

### WAYS TO COLLECT FEEDBACK

Rose-bud-thorn exercise

Photos- great for capturing activity and enjoyment. Always ask for consent and clarify the purpose of the images.

Voice recordings- this can be a handy tool instead of completing another feedback form.

Case studies- ask regular participants about their project experience and how it's impacted them.

## ROSE- BUD-THORN EXERCISE

A simple evaluation tool that can be completed at anytime in the project. Ask participants to:

- Draw roses, with some buds and thorns
- Write your thoughts next to your drawing, with the prompts below as a guide.
- It can be used with all ages and is a quick and creative way to gather feedback.

### ROSE

- What is something that is working well?
- What is something positive about the event/ project/ product/ experience?
- What are you proud of?
- What was the highlight?



### BUD

- What is an area of opportunity?
- What is an idea that can be explored further?
- What can be improved?
- What are you looking forward to?



### THORN

- What is something that isn't working?
- What is something negative?
- What caused stress?
- What was difficult?



# EVALUATION TOOLS

## RIVER OF LIFE

A visual, creative way to reflect on the whole project with your regular attendees and volunteers. It encourages people to revisit key moments – what went well and what was tough – and can often spark meaningful conversation when shared with others.

### TRY IT

Ask everyone to draw a river that represents their journey through the project journey/experience. The way the river flows can show how the project moved forward over time with different sections representing the different stages of the project. You can also draw a river collectively.



Big moments or turning points?

These can be shown as rapids, sharp bends, or a sudden change in direction.



Any challenges or tough spots?  
Represent those as boulders or whirlpools in the river.



For the helpful stuff—like support, resources, or things that made it easier—those can be shown as trees or driftwood along the riverbanks.



# RESOURCES & REFERENCES

## ADDITIONAL RESOURCES:

Plastic Free Communities is an initiative from Surfers against Sewage: <https://plasticfree.org.uk/>

Just FACT is a network of people and projects in Tower Hamlets, coming together to create the building blocks for an alternative food system that is democratic, environmentally sustainable, and people-driven: <https://justfact.co.uk/>



## LINKS & REFERENCES:

1

### INTRODUCTION

Find references for our facts:  
<https://sunnyjarecohub.com/pfpreferences>

2

### GET TO KNOW YOUR COMMUNITY

Find the editable business survey :  
<http://tiny.cc/pfpbsurvey>

3

### SPREAD THE WORD

Learn more about our Plastic Free Poplar Project:  
<https://sunnyjarecohub.com/plasticfreepoplar>

An example letter template to send to your MP:  
<https://plasticfreeseaford.co.uk/resources>

4

### BRIDGE THE GAP

Get more recipes, tips and ideas from our resource hub:  
<https://sunnyjarecohub.com/resourcehub>



## 5

### SKILL SHARE

Get more recipes, tips and ideas from our resource hub:  
<https://sunnyjarecohub.com/resourcehub>

## 6

### GROW COMMUNITY IDEAS

Find these helpful participatory research guides online:

Overview of PAR Tools for Research, Communication, and Empowerment (handout). Available at:  
<https://cii.wvu.edu/showcase2003/hammond/resources/tools.pdf> (Accessed: 11 August 2025).

Participatory Action Research: A Toolkit. University of Reading. Available at:  
<https://research.reading.ac.uk/community-based-research/wp-content/uploads/sites/114/2023/06/PAR-Toolkit-v10.pdf> (Accessed: 11 August 2025).

## 7

### TIME TO CELEBRATE AND REFLECT

References for evaluation tools:

Carmody, S. (n.d.). River of Life storytelling exercise, adapted from Qualitative Research – a practical guide for health and social care researchers and practitioners. Licensed under CC BY-NC 4.0.

University of Colorado Boulder. (n.d.). Rose, Bud, Thorn. Research & Innovation Office. Available at:  
<https://www.colorado.edu/researchinnovation/rose-bud-thorn> (Accessed: 11 September 2025).

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