

SURFRIDER FOUNDATION EUROPE PRESENTS THE THIRD PLASTIC-FREE GUIDE FOR AN OCEAN-FRIENDLY OUTDOOR LUNCH

Last March, Surfrider Europe presented the second edition of its Plastic Free Guides to help clean plastic out of the morning routine. Sunny days coming, the association unveiled the third part of this series: Enjoy an outdoor lunch. This new guide, illustrated by the artist [@lesfillesdusurf](#) and embodied by Julie Lopez - [@julyhealthycooking](#) offers sustainable solutions to start the day with gestures that are respectful for oneself and for the Ocean, and invites everyone to give their own tips on the subject.

A series of content to eliminate plastic from one's daily life

Surfrider Europe has been fighting against marine litter for many years. Among this famous waste, plastic in all its forms is the most fearsome. For this reason, the association has unified all its projects against plastic into one overarching campaign: [Break The Plastic Wave](#).

The objective of the campaign? To encourage all stakeholders in society to take action to break the wave of plastic that is **overtaking our lives and the Ocean**.

It is necessary to remain mobilized so as not to lose the progress made, industries and companies must play the game, improve their manufacturing processes and create sustainable products, our leaders must take courageous decisions and make the fight against plastics a priority. As a citizen, **everyday choices like what and how we choose can make all the difference**.

To accompany this change Surfrider Europe unveiled in December 2020 a new series of content: the **Plastic Free Guides**. Each quarter, a new guide relating to a daily moment of life offers **5 tips and simple alternatives to help get rid of plastic**.

Illustrated by the creativity of the artist [@lesfillesdusurf](#), the Plastic Free Guides inform and give advice accessible to all to replace plastic in their daily lives.

A first step in the food industry for the NGO

In 2018, more than **1,130 billion packages** - mostly plastic - were used for food and drinks in the European Union only. A figure that could easily drop by adopting simple alternatives during lunch breaks.

Indeed, plastic is often very present when we want to have lunch outside: single-use packaging or microplastics, it is rare to be totally free of it! And yet, it is possible, and not so complicated. That's the message of the [third guide](#) in this series, which presents 5 easy tips to implement at lunch time. Consume in bulk and seasonally, prefer Beewrap to aluminum, reuse old jars to put your salad in, carry a pocket ashtray... so many simple gestures that can make a difference, for yourself and for the planet.



And even with take-away, Surfrider has the solution! The association has recently developed [Ocean Friendly Restaurants \(OFR\)](#), an eco-responsible program that accompanies restaurant owners in their environmentally friendly approach and supports them in their efforts. Thus, the NGO positions itself on the food service industry, which is still not sufficiently committed to the green transition, although it is often responsible for large-scale pollution. The proof with the restaurant owners already committed: it is possible to do better!

A subject embodied by Julie [@julyhealthycooking](#)

For the third edition in the Series, Julie Lopez, [@julyhealthycooking](#) embodies the guide by giving her own advice for a lunch time without plastic. Julie is an engineer and yoga teacher, but also a chef and cooking enthusiast! In addition to her participation in the shows "Les Rois du Gâteau" and "Objectif Top Chef" on M6 (french channel), she shares her recipes and tips as an ocean-lover yogi on her [blog](#) and in her book [Beach Food](#), with the same philosophy: the search for well-being. She is the ideal spokesperson to demonstrate how to enjoy an ocean-friendly outdoor lunch. Exclusive content will be shared on Surfrider Europe's channels with the aim of creating community engagement on the topic!

Between 1950 and 2017, a total of 9.2 billion tons of plastic were produced, which is more than one ton per person currently living on the planet. If every citizen decides to adopt simple changes in their daily lives, plastic pollution could be reduced in an unprecedented way. Thanks to Plastic Free Guide Series, Surfrider Europe helps citizens take the first step towards a meaningful transition.

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