

100% Eco Speed Cup

REUSE ■ RECYCLE ■ ZERO WASTE



Make your own sports speed cup entirely for free!

Don't buy a TPU silicon cup causing further manufacture, shipping and cost. Make your own using empty soft plastic packaging before you recycle it. Follow these simple steps to make a hot and cold drink cup that you can use dozens of times then recycle it with your soft plastic recycling after making a new one. 100% eco friendly and zero waste!



Step 1 – Get a thick foil food product package that has a fold out base and cut the top off.



Step 2 – Expand into a cup shape and fold the top edge over by 5mm.



Step 3 – Fold the top over again 2 more times. This creates a nice smooth edge for your lips.



Very stable and weights almost nothing.



You can even put your coffee in it.



It has handles if it's too hot to grab.



It folds flat taking up no space at all.



It folds up small for the tiniest of pockets.

Now think bigger and presto you can also make a 100% Eco Food Bowl!



Use them for endurance events, fast tramping, bike packing or even a dog bowl on the go.

Be at the start of a worldwide movement to save the unnecessary manufacture of limited use plastic cups and bowls. Remember you saw it here first!

Olympic Harriers wants to see you all with a homemade 100% Eco Speed Cup!



www.olympicharriers.nz