The claims defining the invention are as follows:

1. A method of creating a hinge in a body of expandable material, said body being substantially flat and having at least two planar regions connected by said hinge to facilitate folding of the planar regions about said hinge, comprising:

expanding said expandable material to form said body;

creating a region of excess expandable material in said body adjacent said hinge; and

compressing said region of excess expandable material into the hinge of said body by moving a movable anvil to push the excess expandable material, after the expandable material has fused against a static projection to create the hinge, having a concentrated volume of expanded material when compared to said at least two planar regions of said body.

2. A method according to claim 1, wherein the step of expanding said expandable material comprises creating a mould into which the expandable material is expanded to form said body.

3. A method according to claim 2, wherein the mould is a two piece mould comprising a first mould member and a second mould member, the first mould member and the second mould member being configured to be secured together to define a mould cavity therebetween, the mould cavity being configured to substantially define said body.

4. A method according to claim 3, wherein the mould cavity is filled with expandable material in accordance with a predetermined density.

5. A method according to claim 4, wherein the expandable material is caused to expand within said mould cavity to form said body.

6. A method according to claim 5, wherein the expandable material is caused to expand through the introduction of steam into said mould cavity.

7. A method according to claim 5, wherein the mould further comprises said movable anvil provided in the first mould member or the second mould member, the movable anvil being movable with respect to the mould cavity.

8. A method according to claim 7, wherein the step of creating a region of excess expandable material in said body comprises withdrawing said movable anvil from said mould cavity to create an open space extending from said mould cavity into which said excess expandable material expands.

9. A method according to claim 8, wherein the open space is located adjacent the hinge of the body.

10. A method according to claim 9, wherein the hinge of the body is formed by the projection formed on either the first mould member or the second mould member that extends into said mould cavity to define a shape of the hinge.

11. A method according to claim 10, wherein the movable anvil is provided in either the first mould member or the second mould member such that it is positioned opposite the projection.

12. A method according to claim 11, wherein movable anvil is configured such that it extends substantially the width of the projection.

13. A method according to claim 11, wherein the movable anvil is configured such that it extends greater than the width of the projection.

14. A method according to claim 8, wherein the step of compressing said region of excess expandable material into the hinge of said body after the expandable material has fused is performed by moving the movable anvil toward the

mould cavity.

15. A method according to claim 14, wherein the movable anvil is moved toward the mould cavity such that it is flush with an internal wall of the mould cavity to define the body and the excess expandable material present in the open space is compressed into the hinge of the body.

16. A method according to claim 15 wherein the movable anvil is maintained in the position flush with the internal wall of the mould cavity until the expandable material has cooled and the body has been ejected from the mould cavity.

17. A method according to claim 1, wherein the expandable material is a rigid cellular plastic selected from the group comprising expanded polystyrene (EPS), expanded polypropylene (EPP), and expanded polylactic acid (EPLA).

18. A system for creating a hinge in a body made of expandable material, said body being substantially flat and having at least two planar regions connected by said hinge to facilitate folding of the planar regions about said hinge, comprising:

a mould configured to receive said expandable material therein to form said body, the mould having a static projection formed on a surface thereof to form the hinge; and

an anvil attachable to said mould and movable with respect to said mould to define a space into which a region of excess expandable material can form, said space being positioned adjacent the hinge;

wherein the anvil is controllable such that following formation of said region of excess expandable material the anvil is movable to compress said region of excess expandable material against said static projection such that the hinge has a concentrated volume of expandable material formed therein.