



# DECEMBER



## KITCHEN TIPS

**Shop little and often** A lot of waste comes from shopping big, adding B1G1F to the trolley and buying on repeat can increase our food waste and our food bills.

To cut down on **food waste**, plan meals in advance, write a list, eat seasonally, and keep a stash of recipes for leftovers - you have to weigh up time versus cost and what is important to you.

"Being mindful of **portion size** is good for your budget, waistline, and for the planet's resources," "and minimises the potential risk of food waste" Dr L Haddad (GIAN).

Any **leftover cooked or raw food scraps** can be placed in your **GREEN** kitchen caddy for recycling; fruit and vegetable peelings are perfect for the garden's compost heap.

### **Try to Buy your food locally**

The shorter the food chain, the lower the carbon used before it reaches your kitchen.

**Milk** – there is an increase in households getting their **milk delivered in glass bottles** — as in the 'good old days' — why not join the trend and reduce your plastic usage.

**Use natural cleaning products** — switching to an Eco-friendlier product will have a positive impact on the environment. You can make your own natural cleaner by mixing vinegar, lemon juice and bicarbonate of soda. A sustainable and cheaper alternative to bought products and will reduce toxic chemicals and packaging waste in your home.

### **Encourage the Mantra 'Reduce, Reuse, Recycle'**

These three well-known principles of waste management will make your home more ecofriendly..... Stockport Council recycles as follows:

**Blue Bin** - all paper and cardboard (no foiled or glittered paper)

**Brown Bin** - glass bottles & jars, food tins, drinks cans, empty aerosols, plastic bottles, aluminium foil and foil trays.

**Green Bin** - fruit/vegetable peelings, bread, cakes, tea bags, coffee grounds, plate scrapings, eggs, cheese, meat including bones, fish, cut flowers, garden waste, twigs and sticks that aren't thicker than your wrist.

**We wish you all a very Merry Christmas and a Happy New Year**  
**2024 St Alban's year for going for Bronze with A Rocha - Eco Church**