

DBC Eco Church Newsletter

August 2021

Welcome to our monthly Newsletter.

Here we are over half-way through the year, where has the time gone. This month I want to focus on eating sustainably.

Also, an exciting update on local recycling facilities.

Sustainability on a Plate

Reducing our impact on the planet when it comes to what we eat can feel like an overwhelming task. If you need some pointers, Rita Abi Akar RD, MPH in Public Health Nutrition, has some food for thought. "Take the time to reflect!" says Rita. "You don't need to do everything in one day – start step by step and think about some items on your plate every day."

- If it's meat, was the animal raised properly, fed properly, did it see the light often or not at all, was it treated fairly? Red and processed meat have the highest environmental impact.
- If it's vegetables, are they locally produced? If not, always look for the Fairtrade Mark.
- How was the packaging produced for our 10 minutes of transport back home? It will probably stay years in our environment.

Think about what is in season – below is just a few examples of food that is in season in August.

Fruits – Blackberries, Blackcurrants, Cherries, Damsons, Greengages, Loganberries, Plums, Redcurrants, Rhubarb and Strawberries.

Vegetables and Salad – Aubergine, Beetroot, Broad Beans, Broccoli, Carrots, Cauliflower, Courgettes, Cucumber, French Beans,

Lettuce, Peas, Radishes, Runner Beans, Sweetcorn and Tomatoes.

Not only does eating seasonally help the environment it also tastes so much better. Try to buy British produce and shop locally too.

An Exciting Update on Local Recycling

Sainsburys have extended the range of their plastic recycling and below is a more detailed list of what can and cannot be recycled.



However, Sainsburys recycling is sent abroad for processing.

The Co-Op have just launched their own recycling scheme for plastics and this is processed in the UK.

Here's what you can recycle

General

- Thin plastic lids of all types
- Kitchen towel, toilet roll, nappy bag, cotton wool wrappers
- Pouches – microwave rice, pre-cooked mussels, petfood, etc
- Fruit & veg nets, bags and wrappers
- Plastic sauce sachets

Bags

- Ordinary carrier bags
- Bread bags
- Crisps, nuts, snacks bags
- Bags from:
 - Cereal and porridge
 - Dried goods – dried fruit, pasta, rice, sugar, pulses, etc
 - Frozen foods and ice cubes

Wrappers & Film

- Chocolate and sweets bags and wrappers
- Biscuit wrappers
- Cling film
- Pizza wrapping film
- Bread product wrappers:
 - Croissants
 - Pancakes
 - Naan bread
 - Pitta bread

- Garlic bread
- Fresh pasta
- Wrappers from:
 - Cheese, pastry, cakes, Yorkshire puddings
 - baby wipes, etc
 - Meat, poultry and joints
 - Tea and teabags, ground coffee, etc
 - Pies, pastries, sausage rolls,
 - Household textiles, scourers, rubber gloves, etc
 - Giftwrap, greetings cards, etc
- Flower wrappers
- Petfood wrappers

If you're not sure, a simple test is to scrunch it up and if it pings back, it's a useful indicator it's soft plastic.

Clean it – Scrunch It – Co-op It

What's even better news is that the Co-op on Hartington Road in Dronfield is a collection point.

DBC Freecycle

TV Stand – 35"x18" and 17" high. Light Oak, Excellent condition.
2 Compost bins.

Contact Anne Henchley on 416266

* * * * *

For more information about DBC Eco Church Group contact Margaret Keen at margaret.keen@talk21.com
