

STEWARDING EDEN

MAKING CHANGES AT HOME



WHY DO WE CARE?

We are God's stewards of this planet, it's something we get to do with Him! "...God took the man and put him in the Garden of Eden to work it and take care of it." (Gen 2). The way we care for the planet is also a way we get to love humanity, and focus on what we hand on to the next generation!

DO YOU KNOW YOUR CARBON FOOTPRINT?

Try calculating your carbon footprint at wren.co/calculator! Remember, you don't have to change everything on the list, it's just one indicator of our impact - the most manageable change is sometimes the best place to start!

LET'S TALK FOOD WASTE

it's estimated around 1/3 of the food produced worldwide is wasted. Here are some tips for ways to reduce food waste:

- Make a plan before you shop. How many meals do you need and what will you eat? Then only buy what you need!
- Check the fridge/pantry every few days to see what might go bad, and use it up!
- Plan in "leftovers" meals to eat up bits that might go to waste.
- Try pushing out your shop an extra day to see if you can stretch food and really use it all up!

Less-waste food options could include doorstep milk in glass, a bulk shop with less packaging, a veggie box, or just buying a higher footprint item less often.

DARE TO PEEK IN THE BIN!

What do you throw away the most? For many it's food packaging. Is there one thing you could cut out or reduce to add less to your rubbish? If you can't go without, is there a different way to purchase that creates less waste? Then actual food - do you end up throwing lots away?

MORE THINGS TO CONSIDER

WANDER & WONDER

We are more likely to care about what we know about, so spend some time intentionally being in and around creation. Explore, discover and educate yourself about your local environment - learn about bird songs, plants and creatures. Through exploring creation, you will learn more about the wonderful Creator.

Some apps to help you learn and discover:
BirdNET, Blossom, Star Walk, Picture Insect - Bug Identifier



MAKE IT FAIRTRADE

Shopping fairtrade means that you are directly supporting the more than 1.66 million farmers and workers who currently participate in the programme. This ensures that these farmers and workers are paid a fair wage, have a fair standard of living and are using sustainable crops.

L.O.A.F.

What's the impact of the things we buy before they get to us? Think about choosing locally produced, organic, animal friendly and fair-trade items from food to clothing to personal care products!

INVESTMENT

What is your money doing while you're not spending it? Think about choosing a bank focused on better treatment of people and planet. Look at Starling bank, Triodos, Charity Bank and Ecology Building Society for ideas!



Charlestonbury