



Sustainability newsletter – March 2022

“The earth is the Lord’s and everything in it; the world, and all who live in it.” (Psalm 24:1)

3. Shopping

Welcome to our March hints and tips. This time we focus on ideas to be more eco-friendly in the ways we shop. The aim of our newsletters is to provide tips for living in a more sustainable way as we play our part in Caring for God’s creation, one of the top priorities for the Church of England and the Oxford Diocese.

We hope this will give you some ideas to help you be more sustainable. Maybe there is something here that you could think about trying throughout Lent.

“Every time you spend money, you are casting a vote for the kind of world you want,” Anna Lappé (sustainable agriculture expert).

The golden rules of shopping are “Only buy what you need and consume what you buy.”

General

- Carry a shopping bag with you to avoid needing to buy one
- Consider taking a reusable cup if you are planning a coffee or tea on your shopping trip – or take a break in a coffee shop with a china mug rather than getting a takeaway
- Avoid single-use plastic if at all possible
- Recycle flexible plastics (eg Sainsburys take a wide range; Waitrose take bags)

Sainsburys take

Yes please	No thanks
Dry food flexible plastic Bread, Cereal, Rice & Dry food bags Confectionery, Biscuit & Cake wrappers Crisp & Snack packets	Disposable gloves or masks
Other food flexible plastic Cheese wrap, Peelable film lids & Frozen food bags Fruit, Vegetable, Salad bags & Flower wrapping Multipack film wrap, Clingfilm & Sleeves on bottles	Compostable or biodegradable bags & wrapping
Pouches & Sachets Coffee, Confectionery, Homecare, Sauce pouches Baby, Pet food & Microwaveable food pouches Toiletries refill pouches, packets & sachets	Foam or polystyrene of any kind
Non-food flexible plastic Carrier bags, Clothing bags, Bubble wrap Magazine & Newspaper wrappers Toilet roll & Kitchen roll wrapping	Medical blister packs
	General litter or rubbish
	Recycle at Home
	Rigid plastic bottles, pots, tubs or tray packaging
	Glass, paper, cardboard, metal packaging

Food

- Buy fruit and veg in season. You could consider a veg box (eg Abel & Cole, Riverford). If shopping in a supermarket, buy loose produce and carry mesh veg bags to put these in (eg Sainsburys; Veggio bags from Ocado, Lakeland, Amazon)
- Buy locally to avoid food miles. Check country of origin in supermarkets and consider shopping at farmers markets (Maidenhead on 2nd Sunday of month at Grove Road carpark), farm shops or seasonal 'Pick Your Own' (eg Copas Farm, Cookham which also sells pre-picked fruit)
- Make or buy beeswax wraps to use instead of clingfilm (eg www.oakdalebees.co.uk/food-wraps/)
- Consider buying milk in bottles from local company (eg Parkview Dairy or <https://themodernmilkman.co.uk/>)
- Hunt out wines with real corks rather than plastic ones – and recycle at Majestic Wines
- Consider a sparkling water maker to reduce single use plastic bottles, if you drink fizzy drinks (eg Sodastream)
- Download the Olio app and see who you can start sharing un-needed food with locally

Kitchen and bathrooms

- Try swapping liquid soap for bar soap
- If you prefer liquid soap, shower gel, shampoo etc, take your own containers to a zero waste shop (eg Filling Good, High Street, Maidenhead) or buy in bulk and fill up smaller bottles for use
- Swap make-up remover wipes for reusable versions (Craft Coop in Nicholson Centre usually have some) or a flannel



Clothes

- Buy clothes that last, not fast fashion
- Buy natural fibres rather than synthetic – to avoid tiny plastic fibres getting into the water supplies and affecting wildlife. (Up to 700,000 microplastic fibres are released from a single clothes wash)
- Consider buying second-hand clothes – or if you're handy with a needle, try creating something new from old clothes
- Recycle clothes/ textiles (eg M&S's SHWOP scheme in partnership with Oxfam where **everything** is resold, reused or recycled. Box for contributions in M&S on ground floor. www.marksandspencer.com/c/plan-a-shwopping)

Many of these tips are from The Sustainable(ish) Living Guide by Jen Gale. Thanks also to those of you who contributed tips at the Sustainability open morning.

If you are keen to understand more about your carbon footprint, this is a link from the Diocese website. <https://footprint.wwf.org.uk/#/>

We will be providing tips on a variety of topics over the coming months, so if you have any you'd like to share, please let us know by emailing them to jwilks@jwa-consultancy.co.uk.