



ECO TIPS

NOVEMBER 2025

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ECO PLEDGES

What changes can we make to help slow down climate change?

Here are some suggestions...

Have at least one meat-free meal a week

Carry a reusable water bottle with you

Leave the car at home and walk instead if possible

Offer to empty out some of the recycling bins in the welcome area in the front of the church.



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ENERGY SAVING

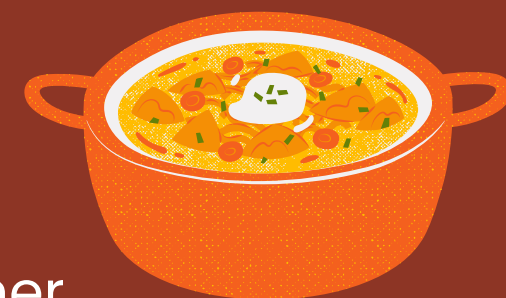
For November, you can be more eco-friendly by preparing your home for winter with energy-saving tips like sealing drafts and lowering your thermostat, while also preparing your garden by mulching leaves and protecting plants. To reduce waste around the holidays, choose sustainable decorations, or perhaps use reusable wrapping or fabric.



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SEASONAL MEALS

Buying produce that is in season, means that it doesn't have to be shipped halfway around the world to get to your plate. It's also fresher, tastier and, generally, cheaper.



How about planning a tasty meal using these ingredients which are in season: *Brussels sprouts, kale, leeks, cabbage, carrots, parsnips, sweet potatoes, pumpkin and butternut squash?*



Butternut Squash Soup

How to make:

1. Peel and finely chop onions, carrots & garlic. Deseed & finely chop a chilli. Place into a saucepan with some oil in it over a medium heat & cook for 10 mins until soft.
2. Meanwhile, halve & deseed the butternut squash. When the time is up add the squash to the pan with some vegetable stock, bring to the boil and simmer for 30 minutes. Season, and when the squash is soft, blend and serve.

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REUSE, RE-PURPOSE, RECYCLE

Everything we consume, from cars to random gadgets like printers, has a carbon footprint. Our current linear economy system of “make-use-dispose” isn’t sustainable, and it’s partly our responsibility as consumers and partly the responsibility of companies to switch to a circular economy that eliminates waste and incorporates sustainable design and development.

Right now it can be difficult to know what to recycle, and we’re still quite inefficient regarding this. So, before putting something in the recycling, first think about whether it can be reused or repurposed as something else, e.g. Margarine tubs used as food containers.



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DARE WE MENTION CHRISTMAS?

Consumers in the UK use 227,000 miles of wrapping paper each year! The average household get through 4 rolls of wrapping paper. Wrapping paper often has a layer of plastic or foil or glitter, which cannot go into recycling.



So look for  sign on any products which mean they can be recycled.