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Today, Ruth from Warwickshire waste management visited your child's school. We hope your child enjoyed the visit and has learned a bit more about the following topics:

- Recycling
- Composting
- Waste Free Lunches
- Becoming Plastic Free

We haven't left the parents out. Here is a little something for you to do at home:

- Slim Your Bin
- Waste Free School Lunches
- How to buy a compost bin from the Recycling Centre
- What can you do about climate change at home?

Slim Your Bin



Use your own custom HTML

Join Slim Your Bin to learn how to recycle more and waste less in order to shed pounds from your rubbish bin. By slimming your bin, you'll help to shrink your environmental footprint and save money at the same time!

When you sign up, we'll set you up with a 4 week training plan to help you Slim Your Bin. Each week we'll send you emails on a new bin slimming theme: from shifting everything you can from your rubbish bin to recycling bin; getting the right thing in the right bin; cutting down on food waste and minimising waste in general.

With Slim Your Bin, you'll earn points for the bin slimming activities you take part in and every month we'll give out £20 vouchers to the individual dieters who earn the most points.

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Waste Free School Lunches



Trying to think of a healthy packed lunch for your child can be a headache but trying to help the environment too can prove a challenge. We've pulled together some ideas from our own experience plus health advice from the NHS. You can easily search for eco-friendly lunch box products on the internet, but we have gone for items you may already have in your cupboards.

Items you will need:

- Insulated reusable lunch box
- Tupperware lunch box
- Reusable drinks bottle
- Reusable wrapping - beeswax wrap or tin foil (can be reused a few times and is infinitely recyclable - place small pieces in a tin can for recycling)

The [NHS](#) recommends a balanced lunchbox containing:

- Starchy foods like bread, rice, potatoes or pasta
- Protein foods like meat, fish, eggs or beans
- A dairy item, like cheese or yogurt
- Vegetables or salad and a portion of fruit

A clear head is required to try and create a healthy lunchbox that your child will also actually eat. To avoid food waste and brain overload on busy mornings, create a menu that has been approved by your child and will feed into your shopping list. Here are just some examples:

Monday - Cheese roll, carrot sticks, apple, breadsticks

Tuesday - Pasta salad, cucumber sticks, banana

Wednesday - Cream cheese and cucumber wrap, peppers, plums (stone removed)

Portion size is important to avoid food waste and reducing the cost of the packed lunch. Children have small tummies and may not need two slices of bread to make a sandwich. One slice might be enough, also cutting the cost of the sandwich in half.

[BBC Good Food](#) has more lunchbox inspiration.

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How to buy a compost bin from the Recycling Centre



Compost bins are available to buy at a discounted rate of just £10 from some of our Recycling Centres. Follow the guidance below to buy a bin:

1. Email waste@warwickshire.gov.uk to check availability. You should receive a reply within 5 days letting you know if there are compost bins in stock at your chosen site. Compost bins are available to buy from Princes Drive, Leamington Spa; Hunters Lane, Rugby; and Lower House Farm, near Atherstone.
2. Book an appointment to the Recycling Centre at www.warwickshire.gov.uk/hwrc
3. When completing the registration form, add 'Purchasing Compost Bin' after your car registration.
4. Turn up at your allotted time. The site staff will know that you are there to collect a compost bin from your booking information. They will show you where you need to go to collect the compost bin and how to pay.
5. Payment is by card only.

The compost bins fit in most cars with the seats folded down in the back if necessary.

Book Now

What can you do about climate change at home?



Following the 'code-red for humanity' warnings in August from the UN's Intergovernmental Panel on Climate Change (IPCC), we might be forgiven for thinking that there is little anyone can do in the face of such stark findings. ([BBC report](#)) However, the report states that catastrophe can be avoided if we act quickly.

Small changes in our day-to-day lives add up. Here are some of the things we can all do to make a difference:

1. Avoid food waste. Some people are totally horrified by the idea of wasting food which is great news for climate change. Not everyone has that understanding. [Love Food Hate Waste](#) is a good place to start.
2. Reuse and refill what you can. Single-use items are a waste of resources from the mining of the raw materials to processing and transporting and are often difficult to recycle.
3. Recycle. Recycling items that can't be avoided or reused is the best option for reducing climate change impact. Recycling means you don't need to mine raw materials and use less electricity and water to manufacture new products.
4. Buy less. But if you really need to buy something consider pre-loved first.

Keep up to date



Did you know that we are on social media? You can follow Warwickshire Recycles on [Facebook](#), [Twitter](#), [Pinterest](#) and [Instagram](#).



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