

# Eco update #15

## LOVING EARTH PROJECT

A response to creation care through textiles

9-22  
Sept

Tring Library  
HP23 4AF

St Peter and St Paul's Church  
High Street, Tring HP23 5AE

An exhibition of textile panels created  
in response to the climate crisis.  
See locally made panels and a selection  
from the national collection.

Further information [www.tringbaptistchurch.co.uk](http://www.tringbaptistchurch.co.uk)

Having initiated the Loving Earth Project in June, we are really excited to see the exhibition of panels around Tring. Don't miss this stunning and inspiring display of textiles in response to creation care.

### Exhibition Venues

## LOVING EARTH PROJECT

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### Tring Library

Monday 9.30am – 6pm  
Tuesday 1pm – 6pm  
Thursday 1pm – 6pm  
Friday 9.30am – 6pm  
Saturday 9.30am – 4pm



### St Peter and St Paul's Church

Open daily 9am - mid afternoon. Tea and coffee are available  
10am – 12 Noon on Fridays and Saturdays.

9-22 September 2023

Herts Waste Aware have some excellent resources and advice about saving money and avoiding food waste. Visit their website to find out more and sign up to the 5-week challenge: <https://www.hertfordshire.gov.uk/services/recycling-waste-and-environment/recycling-and-waste/wasteaware->



## Lifestyle Survey 2023

September is the Season of Creation when churches globally engage with God's earth. This year, we are carrying out our church Lifestyle Survey throughout September. We want to hear your words of encouragement, advice, top-tips and suggestions about how to keep on caring for God's creation. There will be opportunities on Sunday mornings to share your ideas or email [admin@tringbaptistchurch.co.uk](mailto:admin@tringbaptistchurch.co.uk)



### 1 Plan

Check what you have

For starters, check your fridge and cupboards so you know what you have in stock, then you can buy what you actually need.

Plan your meals for 4 or 5 nights a week based on what your household is up to for the week ahead. Find great apps to help you on our webpage.



Plan in a 'use up' meal or 'flexible' for a creative way to eat any leftovers before you go shopping.

One of the top reasons we throw away food is that we buy too much. Ciabatta believe it!

### 2 Shop

Buy what you need

Use your meal plan as the basis of your list. Writing a shopping list and sticking to it in the shops can save you up to £11 per shop.

Shop flexibly. If you can't find the exact ingredients for your meal plan, adapt your menu with some easy swaps and buy a suitable alternative.



Don't shop hungry – research shows you're more likely to buy extra things that you don't need.

Only choose multi-buy or offers if you'll eat it. It's not a bargain if it goes in the bin.

It's easy to give food waste the chop just by tweaking what we do across

## 4 steps to save

### 3 Store

in the best way

Storing food in the best way keeps it fresher for longer. Most fruit and veg do well in the fridge, but not bananas. Keep potatoes in the dark.

Use by dates are about food safety. Eating food past this date could make you ill, but best before dates are about quality. Most food is fine to eat after this date, just give it a sniff first.



Have an 'eat me first' shelf in the fridge to highlight items that might otherwise get forgotten.

Having your fridge below 5 degrees will keep food fresher for longer.



### 4 Eat

what you have

One of the top 5 reasons for wasting food in Hertfordshire is not eating what we cook.

Knowing how much to cook means getting the portions right. Visit our webpage for a portion planner to get the right sized meals.



Cook once, eat twice to save thyme (t) and money by preparing extra portions when you cook to eat another day.

Search online for recipes using ingredients that need using up. What could you make with excess bread or cooked potatoes?



# Focus on recycling and repairing

## Stamps

We were disappointed when BMS World Mission stopped collecting stamps, but we are pleased to announce that we will be sending used postage stamps to DENS. So please keep collecting!



Ideally stamps should be trimmed to 3mm border. Place your stamps in the box in our recycling area.

## Blister packs

We are still unable to take bulk quantities of blister packs



to Superdrug Pharmacies (although you can still drop off personally at Hemel and Watford). Therefore we want to highlight that another option is to purchase a Zero Waste Box to have at home, here is the link to find out more:

<https://shop.terracycle.com/en-GB>

## Candles

At our Games Afternoon group on Wednesdays we have a quiet space and many of our members like to light a candle and take a few minutes to reflect or pray during their afternoon. We are pleased the used candles can be recycled to make stunning new candles. If you use candles or tea lights, please consider sending them to the **Recycled Candle Company** where they will recycle them. Post your old candles and wax to The Recycled Candle Company, Unit 9 Moorland Gate Business Park, Cowling Road, Chorley, PR6 9FE.

Visit The Recycled Candle Company to find out more or purchase recycled candles:

[www.therecycledcandlecompany.co.uk](http://www.therecycledcandlecompany.co.uk)



## I want to fix it!

### The Aston Clinton Repair Cafe

**Second Saturday** of the month from 9am-12Noon at St Michael & All Angels Church, Church Lane, Aston Clinton, Buckinghamshire, HP22 5EG More info: [www.facebook.com/acrepaircafe](http://www.facebook.com/acrepaircafe)



### The Tring Repair Cafe

**Third Saturday** of the month 10.30am-1pm at High Street Baptist Church. More info: [www.tringintransition.org.uk/repaircafe](http://www.tringintransition.org.uk/repaircafe)

### The Ivinghoe and Pitstone Repair Cafe

**Fourth Saturday** of the month from 9.30am-12.30pm, alternating between Pitstone Pavilion and Ivinghoe Hub. More info: [www.pitstone.co.uk/event/repair-cafe-2/](http://www.pitstone.co.uk/event/repair-cafe-2/)



### Chesham Repair Cafe

**Fourth Saturday** of the month (not including August and December). Chesham Town Hall 10am-1pm. More info: [www.facebook.com/cheshamrepaircafe](http://www.facebook.com/cheshamrepaircafe)