



When I was a child – and even after I came to Croydon as an adult – we had milk delivered to the door in glass bottles, and we left the empty bottles out to be taken away and re-used. Some people still get their milk that way, which is good, but the way shopping habits have changed means that for most people milk now comes in a plastic bottle that can only be recycled – though having said that, one of my daughters recently shared with the family a great idea for using them to make model elephants with the children!

In the last two decades or so coffee shops have proliferated in this country, and with them came the idea of take-away coffee or tea. That required disposable cups, and they were even worse than plastic bottles because they were made of cardboard with a waterproof plastic lining, and so could not be recycled. It is annoying to be given one of these cups, with a lid, even when I am going to drink it in the café. Sales assistants sometimes think I am being awkward if I insist on a cup that they can wash up and use again!

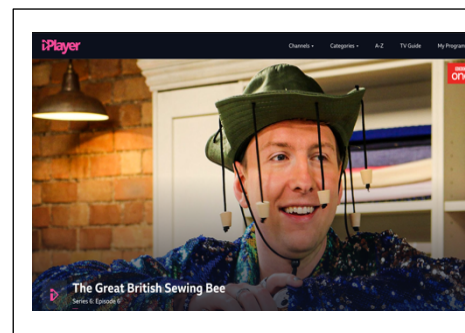
When we began to realise what harm all this was doing to the planet, some of us started taking our own refillable cup, and the cafés hit on the idea of offering us a discount for doing so. And just as we got used to carrying a cup around with us, a pandemic put an end to that practice – at least for the time being.

The worst example of the “throw away society” I ever came across was the hall of residence where our son lived for a year in Milwaukee, U.S.A., where every meal was served on what the

Americans call Styrofoam plates with plastic cutlery. Our son staged his own one man protest: he bought a china plate and bowl and a metal knife, fork and spoon, and transferred his meal to these at the point of supply. Using take away plates and disposable cutlery for every meal is sub-human.

The BBC documentary “Drowning in Plastic”, narrated by David Attenborough, shone a light on the perilous state of our oceans due to plastic pollution. Most traumatic was seeing how many small pieces of plastic were removed from the stomachs of sea birds and sea creatures. Plastic litter is disgraceful and inexcusable. As responsible citizens of the world we all need to do our bit to eliminate single use plastic from our lives.

I hope that my great grandchildren, who are yet to be born, will one day be amazed to discover that once upon a time we used plastic wrappings, bags, bottles and cups and threw them away after using them only once!



Worth a watch: ***Great British Sewing Bee***

Episode 6 of series 6 on BBC iPlayer

It's reduce, re-use, recycle week!

# FOOD CONTAINERS - GO REUSABLE!



**5.2  
BILLION**  
FOOD CONTAINERS  
ARE USED EACH  
YEAR IN THE UK

**0.3  
BILLION**  
FOOD CONTAINERS  
END UP AS LITTER  
EACH YEAR IN THE UK



The **BIGGEST CHANGE**  
YOU CAN MAKE IS TO

**USE A  
REUSABLE FOOD  
CONTAINER**

If everyone  
in the UK  
did this, it  
would save

**1,290  
tonnes**

of plastic from entering the  
environment each year

...for all meals - anything  
from freshly made  
sandwiches and salads...



...to fish and  
chips or curry and  
chinese takeaways



## OTHER WAYS TO MAKE A CHANGE...



For  
sandwiches -  
try a **reusable  
sandwich bag**



**Only purchase food in  
recyclable containers**

clean containers  
thoroughly to avoid  
contaminating the  
recycling stream



**Avoid black  
plastic or  
polystyrene  
containers**

...these are **non-recyclable**.  
Polystyrene gets into the environment  
easily because it is light and breaks up  
quickly into pieces.

[www.earthwatch.org.uk/plastics](http://www.earthwatch.org.uk/plastics)

**EARTHWATCH**  
INSTITUTE in association with **PLASTIC OCEANS**

**Looking after our planet one small step at a time!**

Save on food miles, money and plastic as well as eating  
healthily by growing your own salad!

## Indoor Salad in a Flower Pot !



Find a plastic box with holes in the bottom – or you can re-use a favourite flower pot that you already have at home!

You will also need some potting soil and some lettuce seeds.

Fill the container  $\frac{3}{4}$  of the way with potting soil. Sprinkle some of the seeds over the compost – you don't need too many.

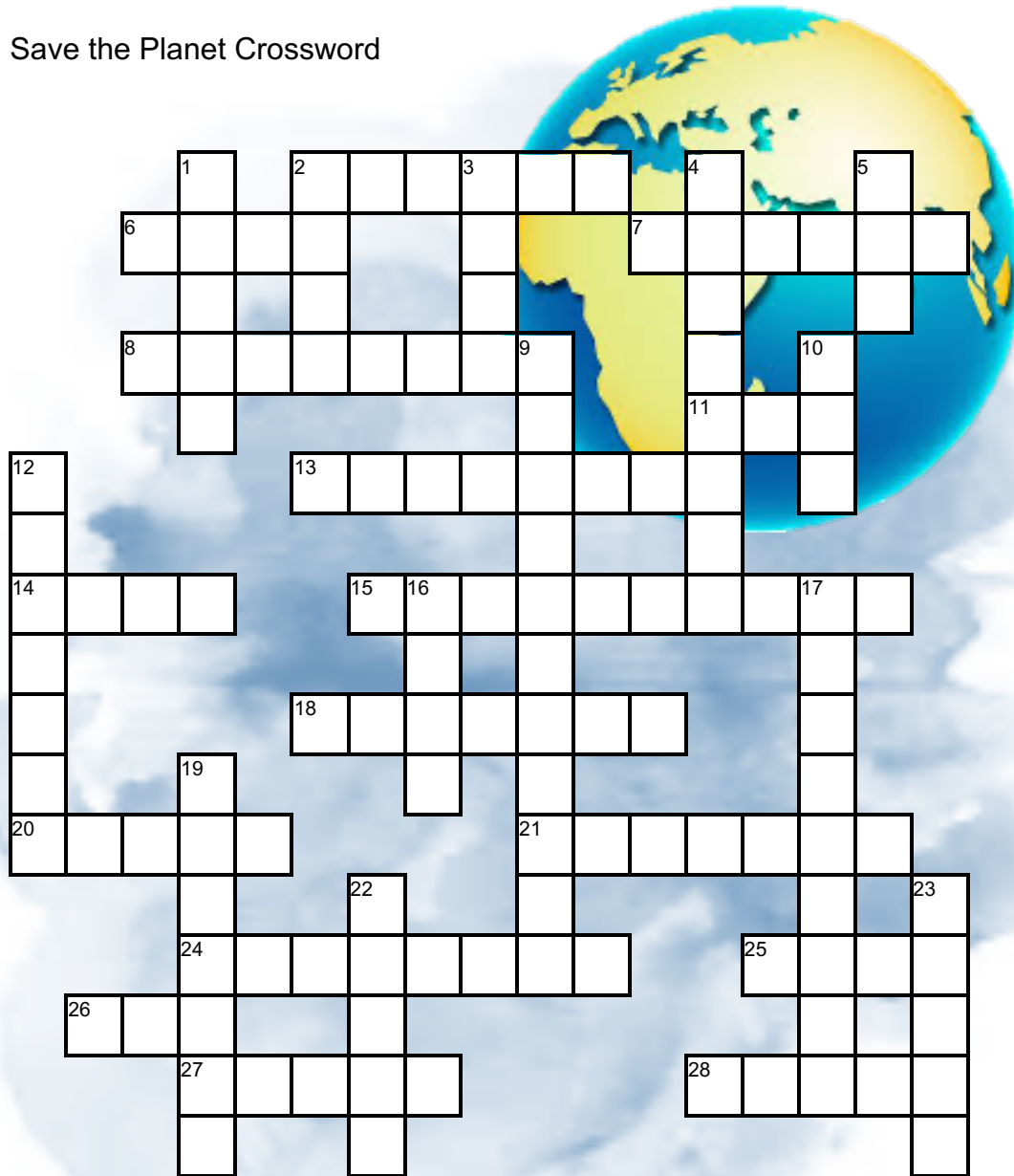
Now fill the pot the rest of the way with potting soil. Place the container on a water-proof tray, then sprinkle the soil with water.

Water regularly and over time germination will take place and the plants will need to be thinned out.

As the lettuce grows you can harvest the leaves from the centre of each plant as needed, and more will appear.

**As you watch it grow and eat it, thank God for the miraculous way he provides us with our food!**

# Save the Planet Crossword



## ACROSS:

- 2 Mean global temperature is getting \_\_\_\_\_
- 6 We must \_\_\_\_ God and our neighbour
- 7 We need to \_\_\_\_\_ our Maker's instructions
- 8 Large areas of tropical forests are axed to grow this (3,5)
- 11 The best time of day to water the garden (*abbr*)
- 13 Grow this to attract butterflies
- 14 This kind of rain is harmful
- 15 Alarmingly, the extinction rate of plants and animals is doing this
- 18 598 \_\_\_\_\_ people in Africa have no access to electricity
- 20 We have not \_\_\_\_\_ for our world as we should
- 21 What our diet should be like
- 24 How to stay fit
- 25 A fossil fuel that contributes to global warming
- 26 A great source of Vitamin D
- 27 It is good to plant these so they can absorb excess carbon dioxide
- 28 First name of Swedish schoolgirl and climate change activist

## DOWN:

- 1 The reason we are doing Rendezvous differently this year
  - 2 We should try to \_\_\_\_\_ our planet recover
  - 3 We should try to live in a way that does not \_\_\_\_ our planet
  - 4 Good to eat for their high iron content (3,5)
  - 5 Maker of the heavens and the Earth
  - 9 These could help those in parts of our world with no electricity \*
  - 10 Is there a way to save energy and help others too? \*
- (\*See over for details of how! 🤓)
- 12 There is too much of this in our oceans
  - 16 The source of life for Egypt
  - 17 One of the coldest places on the planet (5,4)
  - 19 The percentage of adults in England who are overweight or obese
  - 22 You can help the planet by switching to this type of energy
  - 23 Fossils fuel energy is definitely not this!

(Answers in the next pack)

## Alternative clues

### ACROSS:

- 2 Further up
- 6 A 'hearty' emotion
- 7 Go after
- 8 Tropical trees that produce a food additive
- 11 The day before
- 13 Plant with large purple flowers
- 14 Not alkaline
- 15 Going up
- 18 Big number
- 20 Looked after
- 21 Not sick
- 24 Physical activity
- 25 A fossil fuel used on open fires
- 26 Our nearest star
- 27 Large plants
- 28 \_\_\_\_\_ Thunberg – a 'great' person (*anagram*)

### DOWN:

- 1 Disease caused by the pandemic
- 2 Assist
- 3 Endanger
- 4 Used to make milk and meat alternatives (3,5)
- 5 Deity
- 9 Sun-powered illumination
- 10 Not no
- 12 Too much of our food packaging is made of this.
- 16 Egypt's river
- 17 Most northerly point on the planet (5,4)
- 19 10 x 7
- 22 An eco-friendly colour
- 23 Not dirty

Check your  
Eco-Warrior credentials  
with this fiendish  
crossword puzzle!



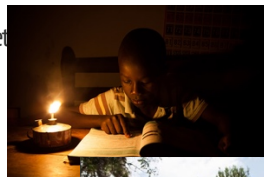
Need an easier challenge? Don't worry!  
Turn to the back page – different clues - same answers!



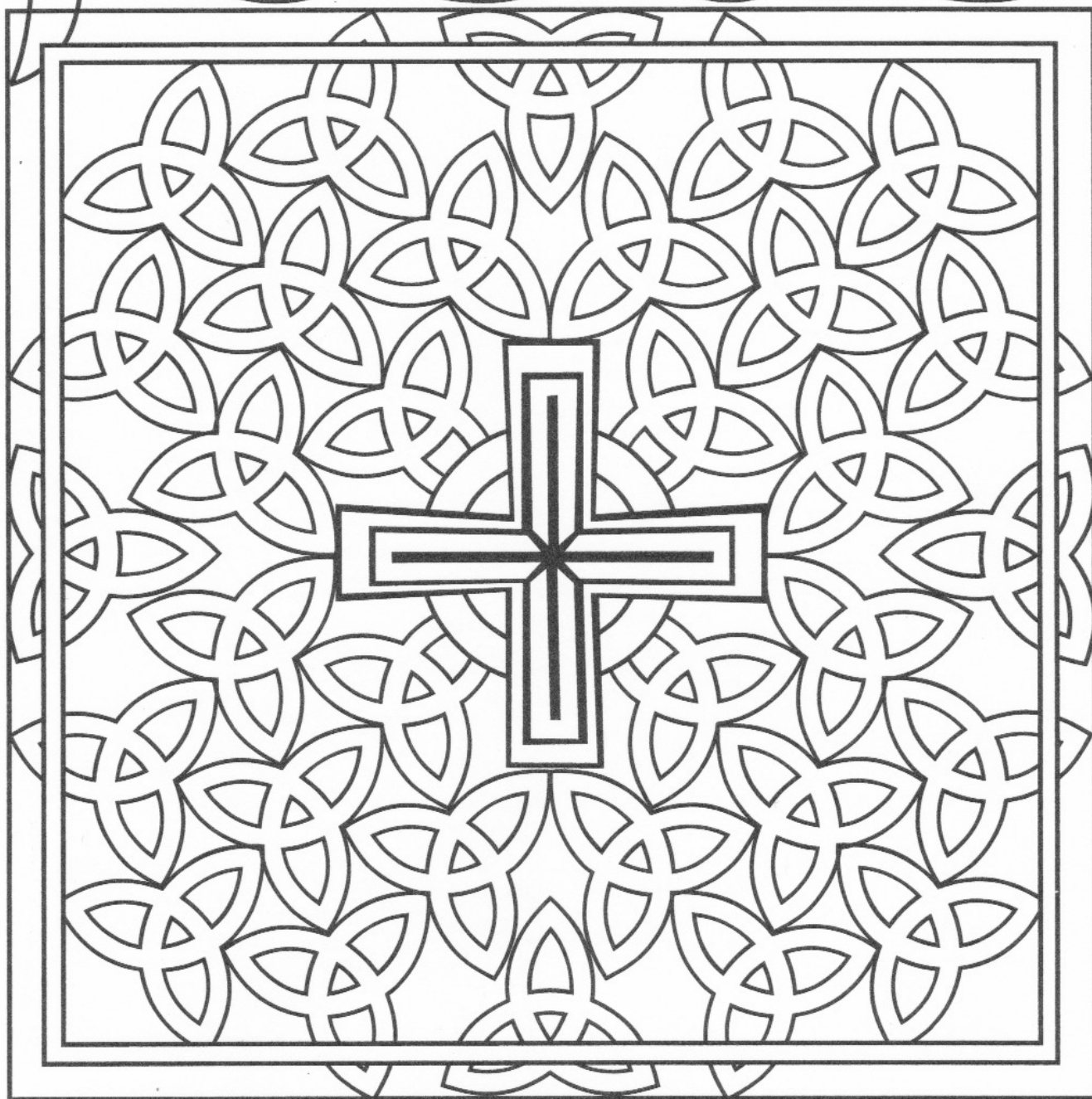
SolarAid is an international charity, founded in 2006 to combat poverty and climate change, providing access to solar lights in Malawi and Zambia to help catalyse solar markets and reduce the use of kerosene lamps.

You can support their work by:

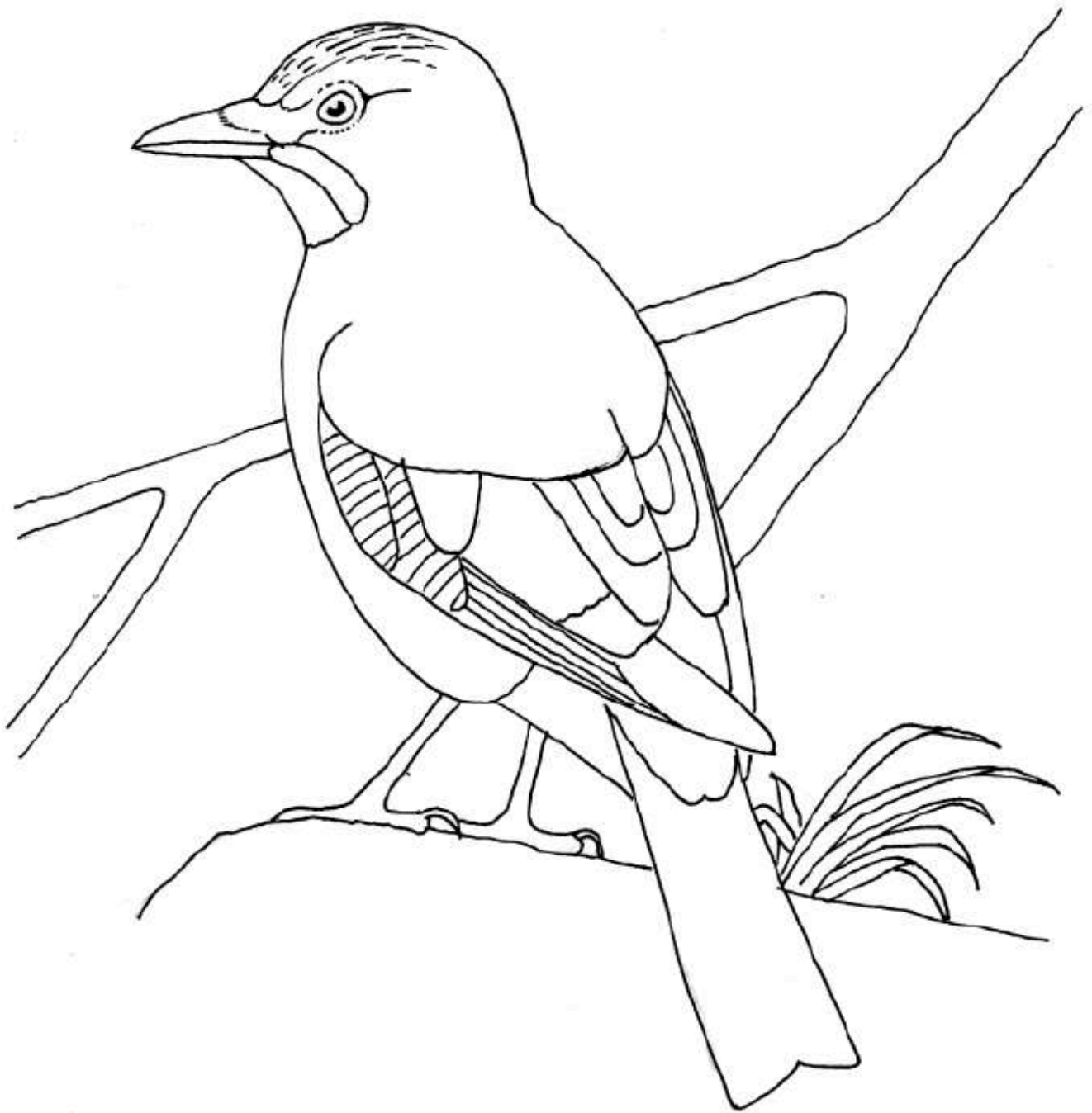
- buying solar powered torches from their website – free energy for you!
- donating directly - £4 will help provide solar lighting to a family without electricity



Jesus



Name above all Names



Jay

