

World Earth Day

22nd April

World Earth Day aims to raise awareness about climate change and global warming. The theme for 2021 is **Restore our Earth** which aims to inspire individuals to act towards the protection of the environment, whilst focusing on the prevention of wasteful use of resources.

Small things lead to big changes. We challenge you and your family to make 1 or 2 changes in your life to help protect our Earth. Here are some small daily changes you can do:

- Carry a reusable water bottle
- Pack your lunch in reusable containers rather than plastic wrap
- Take your own coffee/tea cup
- Use reusable bags when buying fruit and veggies
- Limit pre-packaged foods
- Recycle soft plastics correctly



Reducing

Food Waste

Did you know, the average NSW household throws out around \$3800 worth of food every year? Reduce your waste with these easy tips:



- Meal plan and stick to a shopping list
- Pick ingredients that can be used for more than one meal
- Use leftovers wisely. recreate in a different recipe (see above cookbook), use for lunches or freeze for another day
- Store food properly, use airtight containers