

The sizzle and scent of the BBQ season will soon be upon us so make sure your al-fresco dining is green too.

It's a gas gas gas

Need a new BBQ? Don't want the hassle of charcoal? Liquid Petroleum Gas (LPG) is the greenest gas option emitting 100 times less carbon dioxide than charcoal briquettes doused in petroleum solvents.

Know your coals

Most of the charcoal we use comes from abroad. Try to buy locally sourced charcoal. It's sourced from sustainably managed woodlands that benefits wildlife. Less transport means 85% less carbon emissions and burns steadier for longer meaning better tasting food. Search BBQ Charcoal at www.westsussex.gov.uk

Buy local

West Sussex is awash with farm shops selling local, organic produce. Try them! Food tastes better, is generally cheaper and because you buy loose rather than pre-packed, less waste as well.

Even with careful planning, there will still be occasions when we have some food left over but don't throw it out yet! There's a host of tasty recipes that use leftovers. Here's just one idea:

Ripe Tomato and Basil Pasta

This recipe works really well with tomatoes that are past their best.

Ingredients

- 3-4 tomatoes
- Virgin olive oil
- 1 clove of garlic
- 1 handful of basil, torn
- Pasta
- Black pepper
- Parmesan cheese

Instructions

1. In a mixing bowl, cut up the tomatoes, add a good drizzle of virgin olive oil, 1 crushed garlic clove and a handful of roughly torn basil leaves.
2. Cook the pasta according to packet instructions drain and return to the saucepan with the tomato mix.
3. Season with black pepper and add plenty of grated Parmesan cheese.



Shot of fruit drinks

Make your fruit juice go further. Jazz up with soda then freeze until slushy. Great for kids. For grown ups, a shot of your favourite tippie works well.



Potatoes

Cold boiled potatoes? Cut small and mix with mayo to make a tasty potato salad. Try adding a few snips of chives.



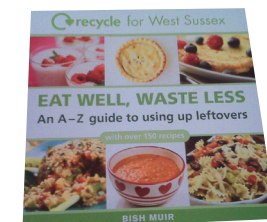
Tomatoes

Rescue old tomatoes from the bottom of the fridge before they go mushy. Remove stalks and freeze whole in freezer bags. Use instead of canned tomatoes – no need to defrost them first

For more tips and recipes...

Visit www.lovefoodhatewaste.com to pick up more tips and great recipes

If you would like to help us in our campaign to reduce food waste in West Sussex, we need you to volunteer to complete a Food Waste Diary for one week. To obtain your copy of the Food Waste Diary ring **01243 642106**



When we have received your completed Food Waste Diary you will be sent a FREE recipe book! Return your completed diaries to : West Sussex County Council, Wastes Management Services, FREEPOST C1 52, Chichester, West Sussex, PO19 1BR.

And when you've finished making that delicious summer food, don't forget to put all the waste trimmings from your food preparation into your home compost bin or food digester, to stop it going to landfill.

Proud to support
LOVE FOOD
hate waste

BETTER TOMORROWS



MORE INFORMATION!

For more tips, advice, recipes and guidance on minimising the amount of food you waste, visit:
www.lovefoodhatewaste.com

Contacts List

For further information on your household waste, please contact your local council below:



West Sussex County Council
Tel: 01243 642 106 www.westsussex.gov.uk



Adur and Worthing Services
Tel: 01903 851 729 www.aws.gov.uk



Arun District Council
Tel: 01903 737 754 www.arun.gov.uk



Chichester District Council
Tel: 01243 785 166 www.chichester.gov.uk



Crawley Borough Council
Tel: 0800 587 5888 www.crawley.gov.uk



Horsham District Council
Tel: 01403 733 144 www.horsham.gov.uk



Mid Sussex District Council
Tel: 01444 477 440 www.midsussex.gov.uk

More Useful Contacts

Name of Project	Contact	Email	Tel Number
Better Tomorrows	www.bettertomorrows.org.uk	info@bettertomorrows.org.uk	01243 756601
Greening Campaign	www.westsussex.gov.uk (then search Greening Campaign)	info@greening-campaign.co.uk	07918941398
Sustainable Business Partnership	www.westsussexsbp.org.uk	sbp@westsussex.gov.uk	01243 756869
Travel Wise	www.westsussex.gov.uk/travelwise www.westsussexcarshare.com	travelwise@westsussex.gov.uk	01243 642105
Safer Routes to School queries	www.westsussex.gov.uk/srts	srts@westsussex.gov.uk	01243 642105
Eco Schools	www.westsussex.gov.uk (then search Eco Schools)	Gillian.baker@westsussex.gov.uk	01293 435618
Engauge	http://wsfl.westsussex.gov.uk/engauge	Engauge@westsussex.gov.uk	
Taste Magazine	www.westsussex.gov.uk (then search tastewestsussex)	taste@westsussex.gov.uk	

If this information is needed in an alternative format please contact us and we will try and meet your needs, Call: **01243 642106**

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Statistics and data quoted throughout this publication are sourced from the Waste Resources Action Programme (WRAP: www.wrap.org.uk) unless otherwise stated.



BETTER TOMORROWS



For Better Tomorrows
in the Kitchen and Garden

Save Money
Reduce Waste
Protect the
Environment



Spring 2009



Dear Resident,

When times get tough, it's easy to forget about protecting the environment. But the fact is, leading a sustainable life is not only good for the planet but good for your bank balance too.

In this booklet, you'll find some tips on how you can save money (£50 a month just by being careful on how you shop for food!) and details on a range of heavily discounted food digesters and compost bins plus FREE membership to the West Sussex Green Club.

Everything you need to save money and be "green".

The measures outlined in this leaflet contribute to fulfilling our commitment to reduce landfill by working in partnership, by being leaders in waste prevention, recycling and by using any remaining rubbish as a resource.

Whilst these measures seek to reduce the amount of food and garden waste that enters our bins, and we would encourage you to participate in them, we are aware that large quantities of this type of waste still gets thrown away. This waste currently gets landfilled, whereupon it produces a significant amount of greenhouse gases.

West Sussex County Council is now entering into a contract with Biffa Waste Services to build and operate a mechanical biological treatment facility which will reduce the amount of greenhouse gases produced and further fulfil our commitment to you by turning this non recycled waste into a resource.



Thank you,
Henry Smith
Leader of West Sussex County Council

Save Money!

This leaflet has been published by West Sussex County Council via the Community Interest Company: **Better Tomorrows**.

Better Tomorrows is focused on encouraging and supporting residents across the county to live more sustainable lives through the provision of innovative waste reduction, waste minimisation, reuse and recycling programmes.

Better Tomorrows Community Interest Company: 9 Donnington Park, 85 Birdham Road, Chichester, West Sussex, PO20 7AJ
Tel: 01243-756601,
info@bettertomorrows.org.uk

You can find out more information by visiting the website: www.bettertomorrows.org.uk

Save up to £80

The 'Green Cone'

This discreet device takes all cooked and uncooked food scraps (meat, fish, bones, dairy products, vegetable peelings, fruit cores, etc). Using natural heat, worms and good bugs, the food is broken down into water and essential nutrients to nourish your garden. Its sealed design means no flies, no vermin and no pong. You can even put in pet poo!

COMPLETE ASSEMBLED HEIGHT 112CM (44") OF WHICH 42CM (17") IS BURIED BELOW GROUND.



SAVE £55!!
(RRP £69.55)

Buy today for just
£14.95
INCLUDING DELIVERY!

PLUS get a **FREE KITCHEN CADDY**

The 'Green Johanna'

This also takes all cooked and uncooked food scraps but you can also put in garden waste to produce a rich, nourishing compost all year round.

COMPLETE ASSEMBLED HEIGHT 94CM (37") WITH A DIAMETER OF 81CM (32") AT ITS BASE



SAVE £80!!
(RRP £98.99)

Buy today for just
£19.95
INCLUDING DELIVERY!

PLUS get a **FREE KITCHEN CADDY**

TO ORDER A Green Cone or Green Johanna call
0800 052 0462
QUOTE CODE FBTA09 when ordering.

How does your garden grow? Organically?

We British love our gardens. Each year, we collectively spend around £4billion on them, quite a bit of which is spent on bags of compost and soil improver.

So why not save yourself some money, make life a bit easier and compost at home?

As much as 40% of your household waste is taken up with organic "green" waste. Composting is an easy way to recycle organic waste into a complete and natural food for your soil and provides an environmentally friendly alternative to artificial fertilisers and peat (a fast dwindling natural resource). Home composting also allows you to add material that cannot be collected as part of your green waste recycling service. These include fruit and vegetable peelings, tea bags and eggshells.

OFFER ENDS 30TH SEPTEMBER 2009

TO ORDER
Your Compost Bin call
0845 076 0223
www.recyclenow.com/compost

You can even put in small quantities of cardboard when home composting (lool roll tubes help to aerate the compost). By Home Composting you also keep this raw kitchen organic waste out of landfill.

Home composting is simple and to help get you going, West Sussex County Council can provide home compost bins at heavily discounted prices!

*Source: Horticultural Trades Association



220 Litre Compost bin

Buy today for just
£17.00
INCLUDING DELIVERY!

SAVE £22!!
(RRP £39.00)

330 Litre Compost bin

Buy today for just
£18.00
INCLUDING DELIVERY!

SAVE £31!!
(RRP £49.00)

west sussex greenclub

FREE MEMBERSHIP

Launched in 2007 by TV gardener (and water feature specialist), Charlie Dimmock, the West Sussex Green Club has gone from strength to strength with a membership of over 2000.

Its aim is to encourage more people to get into their gardens and grow stuff in a more environmentally friendly way, be it flowers, shrubs, fruit or veg.

Whether you want to know how to get the best from your compost, what natural pesticides to use, naturally increase your crop of strawberries and much more besides, then join today.

Membership is **FREE** and upon joining, you'll get a welcome pack which includes:

- Book on composting
- Seed pack
- Membership card giving 10% discount at participating garden centres
- Quarterly newsletter
- Introduce a friend to the club and receive FREE gardening gloves!



Soil Conditioner To go!

We also provide bags of ready to use soil conditioner made from the material collected as part of your local recycling service at Household Waste Recycling Sites.

Please see www.recycleforwestsussex.org for your nearest site.

Cost for a 40 litre bag of "Reclaim Organic Soil Conditioner" is just £4.00 or £10.00 for 3 bags. You can buy bags from most Household Waste Recycling Sites (HWRS) across West Sussex.

(The soil conditioner is not currently available at Worthing HWRS)



£4.00 PER BAG
or **£10.00 FOR 3 BAGS**

Under 12?

Why not join the Green Diggers? Part of the West Sussex Green Club designed especially for young, budding gardeners with special newsletters, competitions and a FREE welcome pack! Introduce a friend to the Green Diggers and receive FREE gardening gloves!



FOR MORE INFORMATION, VISIT:
www.wsgreenclub.org
or call **01243 642106**



£600 a year! THROWN AWAY

Incredible as it sounds, that's how much food the average family throws away - food that is bought but never eaten. Each day in the UK, we waste 1 million slices of ham, 2.8 million tomatoes and 1.2 million sausages. Imagine the size of pizza that would make!!!

It doesn't stop there - 7 million slices of bread, 5 million potatoes, 1.6 million bananas and 4.4 million apples. All this, about a third of the food we buy, ends up in the bin. What a waste! TV's money saving expert Martin Lewis says: "Throwing away food is the purest waste of money possible".

Proud to support
LOVE FOOD hate waste

Apart from costs, there's an environmental impact too. If we stopped wasting this amount of food, the reduction of CO2 emissions would be the same as taking 1 in 5 cars off the road.

Here's a few tips to help you reduce your food waste and be £50 a month better off:

Plan ahead
Work out a menu for the next two weeks, then plan your shopping around those meals. Saves time as well as waste and money!

Buy One Get - One Free!
Fantastic - but only if you're going to eat the free one. Stick to your shopping list and buy what you need, not what the supermarket wants you to buy. Why not go shopping with a friend and split the cost of multi-buy offers?

Eat before you shop
Shopping on an empty stomach is a sure-fire way to end up with food you don't need.

Buy fruit and veg loose
It tastes better, costs less and you only buy what you need plus no need for non-recyclable packaging.

Salad storage
Discard (and reuse!) the drawers at the bottom of the fridge and replace with long thin plastic sealable boxes. Salad ingredients stay fresher for days longer.

Freeze that Milk!
Going away on holiday? Don't tip milk down the drain - freeze it in a suitable container! It also means you can have that much needed cup of tea when you get back to an otherwise empty fridge, whatever the time of day or night!

