



# Carbon Campaign Newsletter - April 2013



WHAT'S ON  
APRIL 2013?

## Introduction

Welcome to the April edition of the Moray Council carbon campaign newsletter.

One of our main issues is how much food we waste. In the UK we throw away 8.3 million tonnes of food every year. That's a staggering amount. If we all stopped throwing away food, this would have the same carbon impact as taking 1 in 4 cars off of British roads - this is certainly something to think about! Purchase what you need responsibly and enjoy what you eat - this will help curb how much waste is produced. Our article on page 2 focuses on food waste and gives some useful pointers for best value meals.

In the meantime, search recipes for unused or leftover ingredients, get fitter by participating in a walk to work and even find out the truth about electric cars. This issue is packed full of great ideas to change your diet, whether food or carbon!

## Website of the Month

<http://www.bbcgoodfood.com/content/recipes/favourites/leftovers/>

If you're not sure what to do with the tatties and neeps left over or that piece of Aberdeen Angus, why not try the online BBC Good Food recipe search. Food waste will become a thing of the past, as you never need to discard ingredients again.

MAKE THE  
PLEDGE TO  
WALK

This month start to make preparations for Walk to Work week which is taking place between 13 and 17 May 2013. Registration with Living Streets begins on 1<sup>st</sup> April.

<http://www.livingstreets.org.uk/walk-with-us/national-walking-month/walk-to-work-week-13-17-may-2013>

If you can't manage a full walk to work both ways, why not try walking one way and sharing a lift or catching a bus for the other journey, walking part of the way or walking between meetings. Every bit counts towards your fitness improvement and saves getting caught in traffic. Why not try out a pedometer to count your steps?

Like the one shown, they range from £4 to £40 depending on how much information you want to record.



## Celebrity Corner



London-based TV Chef Thomasina Miers, winner of BBC Masterchef in 2005, once studied at Edinburgh University, before embarking upon a journey to Mexico that changed her life. There she met Diana Kennedy, a resident of Mexico for four decades, who became her guru for collecting rainwater and living in an ecohouse! Thomasina sources sustainable food for her recipes where possible.

## What to do next?



After you have REDUCED the amount of food cooked to prevent wastage and RE-USED what you want, from the website above, then the final option is to RECYCLE what is left.

All kitchen food waste including cooked and uncooked food, meat, fish, bones, dairy products, bread, pasta, fruit scraps and vegetable peelings can be disposed of in a Food Waste Digester/Green Cone. The Digester breaks food down into carbon dioxide and nutrient rich water which drains away into the soil. Green Cones can be bought from some DIY stores.

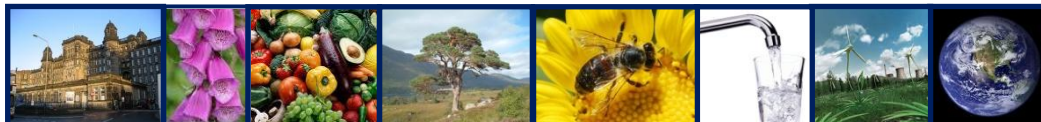
For more information on composting visit:

[www.gardenorganic.org.uk](http://www.gardenorganic.org.uk)

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

For general waste management information click on the link below:

[Recycling and Waste](#)



## Love Food, Hate Waste

Each month, the average family throws away £50 of good food that was bought but not eaten. With so much of the world suffering from hunger this is a shocking waste of such a precious resource. Here are **5 Top Tips** to help you save money:-



1. Examine your fridge and freezer and contents. This should be done regularly and certainly before you go shopping. Any edible items in the back of the fridge which you're not going to eat within the next couple of days, move them to the freezer.
2. Keep your storecupboard and freezer well stocked with long life items. Pulses, nuts, pasta, beans, tinned fish/meat, dried fruit - these foods can easily be called upon to make a tasty meal. Replace them once eaten so there's always something in store.
3. Staples such as potatoes, rice, pasta and bread are often wasted. Stick a sliced loaf in the freezer for toast and measure out cupfuls of rice per person eating, rather than tipping a large amount into a pan.
4. Leftovers are often 'looked overs'. The remains of a roast dinner can make a lovely curry or broth. An evening meal can often taste just as nice cold for lunch the next day. Buy a robust lunch container and settle down to some home cooking at your workplace instead of a pre-packed sandwich.
5. Planning your meals is one of the most effective ways you can cut wastage and food bills. Prepare a menu before you go shopping. Stick to the shopping list and remember, it's always best not to go shopping on an empty stomach!

For more helpful hints and recipes visit [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com), supported by Waste Aware Scotland.

## Exploding Environmental Myths

*"Is an electric car environmentally friendly because it has zero emissions?"*

**ANSWER:** "An electric car usually has to be charged up each day and runs on electricity. Top speed is 40 mph and the range is about 40 miles. The source of this electricity will be, in the main, a mixture of coal, oil, gas and nuclear power stations. The carbon emissions have simply been shifted from a car exhaust to the flue stack of a power station burning fossil fuels. The electric car is greener in that there are less local emissions.



If the electricity is purchased from a green source (i.e. 100% renewable) then emissions are very low. But only 5% of electricity in the UK comes from a renewable source. So the key question to ask about all electric cars is: "Where is the electricity coming from to power it?" Because the cars are so small and light even when using the electricity from a fossil fuel source they result less CO<sub>2</sub> per mile even compared to hybrid cars. But it would be a myth to say an electric car has zero CO<sub>2</sub> emissions.