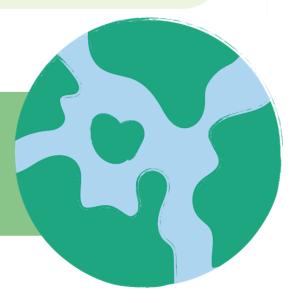
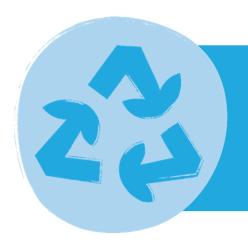


What Is The Great Green Week?

We all want to do our little bit to help the environment, save money and live healthy Our Great Green Week is all about how we might not be able to change the world, but we can all do little things to make a difference







We produce lots of rubbish and food waste. It is important that we only use what we need and recycle what we can. That way, we can save energy and reduce how much waste ends up in landfill sites. There are lots of thing we can recycle, so... ... 'Before you throw, get the know'





Each year around 650,000 tonnes of waste are thrown away by households in Essex, about a tonne for each household, with roughly 50% of waste recycled. The Chelmsford City website gives information on what can go in each bin, box or bag





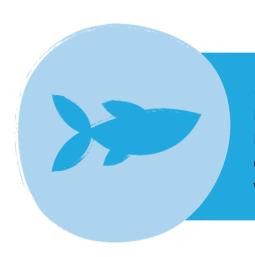
You can do lots with excess raw foods, by learning from our past. Pickling and other preserving methods can make fresh food last. Save your jars to reuse for making jams, pickling and chutneys





Clothes can wear out, or go out of fashion, but that should not mean you throw them away. Upcycling can be fun and save you money. There are lots of websites and YouTube videos which can show you how to make unwanted items into fashion envy.





Reducing water usage helps protect our wildlife, reduces the chances of water shortages, and saves money on your bills. Why not use a water butt to collect the rainwater, to use on your garden. Use watering cans rather than sprinklers or hoses.





Lots of the thing we eat have travelled far, even items we think that are 'fresh'. There is nothing like growing your own fresh vegetables and fruits. You can grow items in window boxes and buckets too. Herbs can be dried and last a long time.





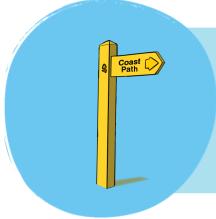
Rubbish and litter is not only unsightly but can also be dangerous to wildlife. We can all do our bit by not dropping litter, and also volunteer for some of our community litter picks. We clean our local streets, but sometimes that extra clean makes all the difference.





Dog fouling is not only unsightly, smelly and nasty, if you tread in it, but over fenland or other areas can alter the eco system. Please pick up after your dog and dispose of it. Do not hang the bags in a tree. The public dog waste bins cannot handle large amounts from home, so use your black bin.





We are surrounded by the countryside, so why not make use of it, by walking on many of the footpaths, coastal paths or fenland. You can also do some 'urban' walking with our Jubilee Walk guide, which you can download from our website.





We hope you will make use of this guide, and even if you choose to do one thing, or even something else to help our environment, it makes all the difference. Please send in your photos of activities you have done this week.

Information is correct at time of production and every effort is made to make it error free,

Town Council office:

Champions Manor Hall, Hullbridge Road, South Woodham Ferrers, Essex, CM3 5LJ

Open Monday to Friday 9:00 - 16.00

Tel: 01245 321817

Email Us: david@southwoodhamferrerstc.gov.uk

www.southwoodhamferrerstc.gov.uk

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