

Newsletter

Green Friday's Future

FEBRUARY 2022 - SHOW THE LOVE



February was Show The Love for the planet month and every Friday we delivered valuable information and super tips and advice to help you on your journey to making a difference every day. We have wrapped all our February newsletters up into one issue you can save and refer back to anytime! Feel free to share our content with your friends and family - every little helps!



Green Fridays4Future

FEBRUARY 2022 - SHOW THE LOVE

GREENING THE EVERYDAY



February 2nd is Groundhog Day which in the US is a lighthearted way of predicting whether Spring will be early or whether there are six more weeks of winter ahead (all dependent on the shadow of the animal). Groundhog Day was also a movie – a romantic comedy, with Bill Murray acting as a reporter who goes to do a story on the Groundhog Event and instead gets caught in a small town living the same day over and over. The movie parodies habits and the way we act.

Habits are important when we are trying to change how we interact with our planet and moving to consuming in a greener way. Habits are behaviours that we do almost automatically, without thinking too much about them. And changing our behaviour evidently involves creating new habits. These can be hard to change and yet changing our habits can have a surprisingly large impact – especially if many people make the change. Producers and Retailers tend to follow consumer trends so start a new green habit today!

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SIMPLE CHANGES - BIG IMPACT



If you love your daily coffee 'to go'



1. Take your own 'keep cup' with you. Hands up for brands such as 'Mother' using 100% recycled materials to produce their coffee cups and water bottles and supporting tree planting with every purchase.

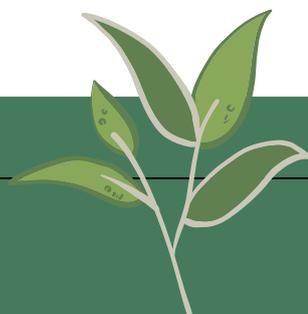


Make sure the coffee is grown in a sustainable and ethical manner.



Choose organic coffee when possible. This helps ensure the beans are free from pesticides, herbicides, and fungicides. (caffeineinformer.com).

Look for Rain Forest Alliance and Fair Trade certifications. There are many of these types of certifications around the world and they should be listed on the bag or on the company's website. (www.caffeineinformer.com). NY times - how your cup of coffee is clearing the jungle - spoiler alert the robust coffee variety is a big issue in one of Indonesia's most important national parks where local Tiger populations are critically endangered.



Shopping

going →
ZERO
WASTE

Reduce the amount of packaging you leave with shop when you shop: by choosing loose vegetables, bring your own refillable containers or bottles or shopping in zero waste stores such as The Source Bulk Foods in Rathmines & Greystones, Pax Wholefoods in Mayo, The Refill Mill in Mullingar. In the UK there are over a hundred zero waste stores. Just search online for zero waste stores to find your closest outlet.

Take your reusable water bottle with you - and try to avoid plastic water bottles where possible.

Take your shopping bags with you - all steps to less waste. And less recycling to be done when we get home.

Take your shopping bags with you - all steps to less waste. And less recycling to be done when you get home.

LOOK AT THE PRODUCTS YOU BUY EVERY WEEK OR TWO (APART FROM FOOD) AND SEE WHETHER YOU CAN SWITCH TO REUSABLES.

Some of our favourite switch-outs are:

- From kitchen paper to natural fibre dish cloths (we love Swedish dish cloths - washable hundreds of times and compostable at the end of life);
- From disposable tissues to washable tissues.
- From sandwich bags to beeswax wrap
- From cotton make up removers to reusable ones
- From cooking liners instead of foil
- Switch to reusable produce bags for fruit and vegetables
- Glass storage jars for storing food instead of using cling film
- Reusable stainless-steel straws





Baby Talk

Nappies

Ethically Made Reusable Nappies That Are Easy To Use, Fast Drying & Affordable.

[LEARN MORE](#)



GreenFridays
4 FUTURE

Have a great weekend!

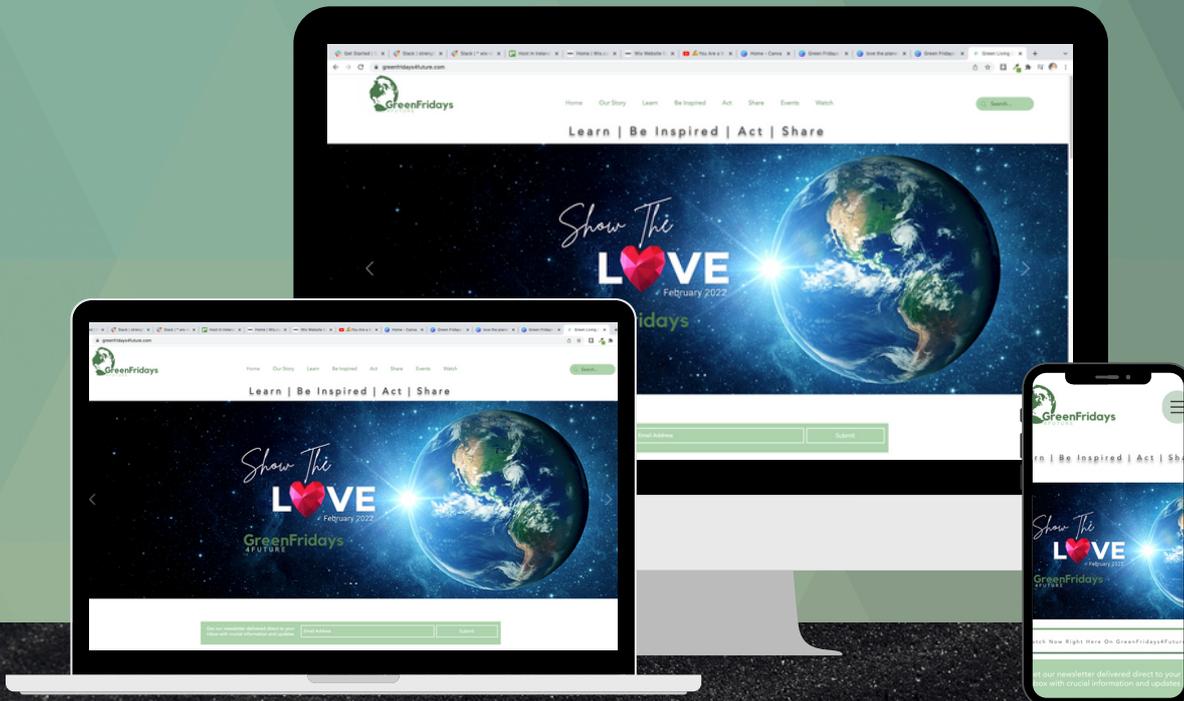
From the Green Fridays 4 Future Team

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Green Fridays Future

FEBRUARY 2022 - SHOW THE LOVE



GIVE YOUR VALENTINE'S DAY GIFTS A GREEN MAKEOVER AND SHOW THE PLANET SOME LOVE!!



IDEAS WE LOVE!



HOW ABOUT GIFTING A PLANT -THEY WILL HAVE A LOWER CARBON FOOT PRINT AND THEY WON'T WILT AND DIE WITHIN A WEEK. (GO WITH A SYMBOL OF A LONGER LASTING LOVE!)



IF YOU CAN'T RESIST THOSE CUT FLOWERS - ASK FOR THEM TO BE PLASTIC FREE.



YOU COULD GIVE A GIFT OF ADOPTING A CORAL WWW.CORALGUARDIAN.ORG

Why not make this Valentine's day all about the experience

Get out into *nature* with your Valentine – plan an early morning picnic up a mountain top or take the plunge and go for an early morning swim and bring hot chocolate in a flask.

Enjoy a dark sky park night out with your valentine. Find out more about the Dark Skies Program

Or cook up a *romantic candlelit dinner* (soy or beeswax candles are best). Ideally make it a plant-based feast (animal products especially beef, have a much higher carbon footprint)

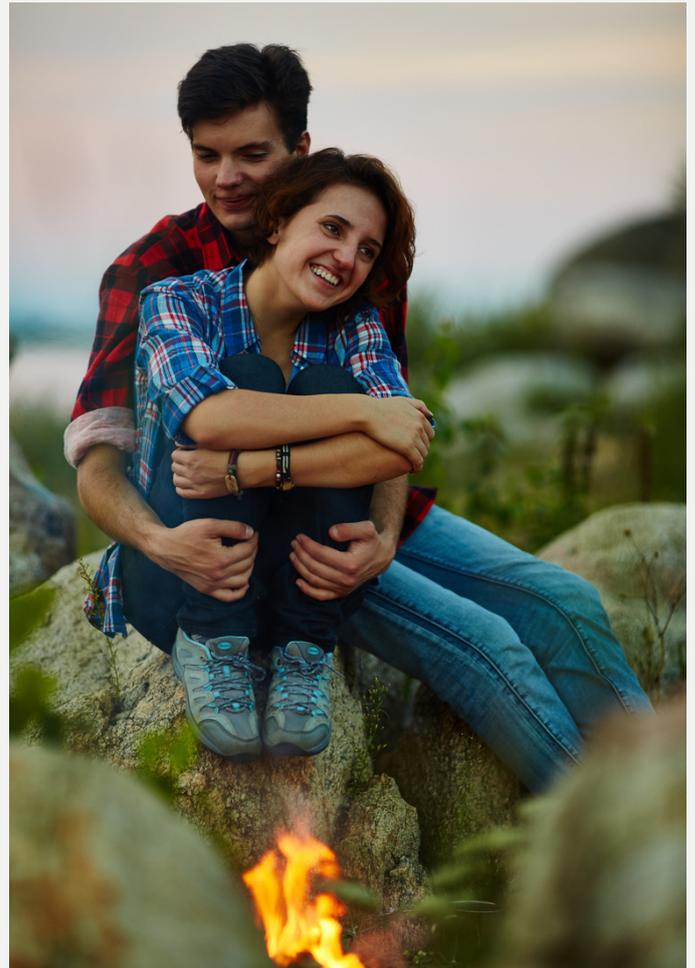
Bake your loved one a treat



LOVE

IF YOU FEEL
TO LOVE IS TO BUY,
HOW ABOUT

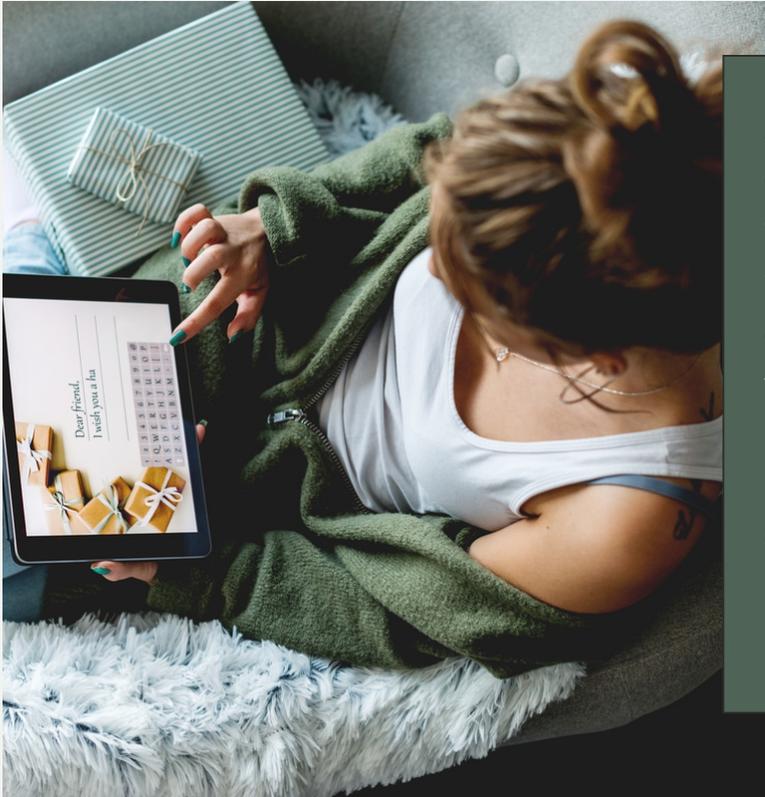
- Vintage rather than new Jewellery



Or if it's a Chocolate surprise try to make sure its ethically sourced. Labels we like to see include the Rainforest alliance, Fair trade and Organic certifications. Not to mention CSPO (certified sustainable Palm Oil).

There is even an endangered species chocolate bar - take a walk on the wild side

As For Cards



How about using Moonpig or e cards instead of adding to the huge number of trees cut to make all those disposable cards - I billions cards adds up to a lot of trees cut down

Or make your own card



AS GREENOUTLOOK.IE PUTS IT:

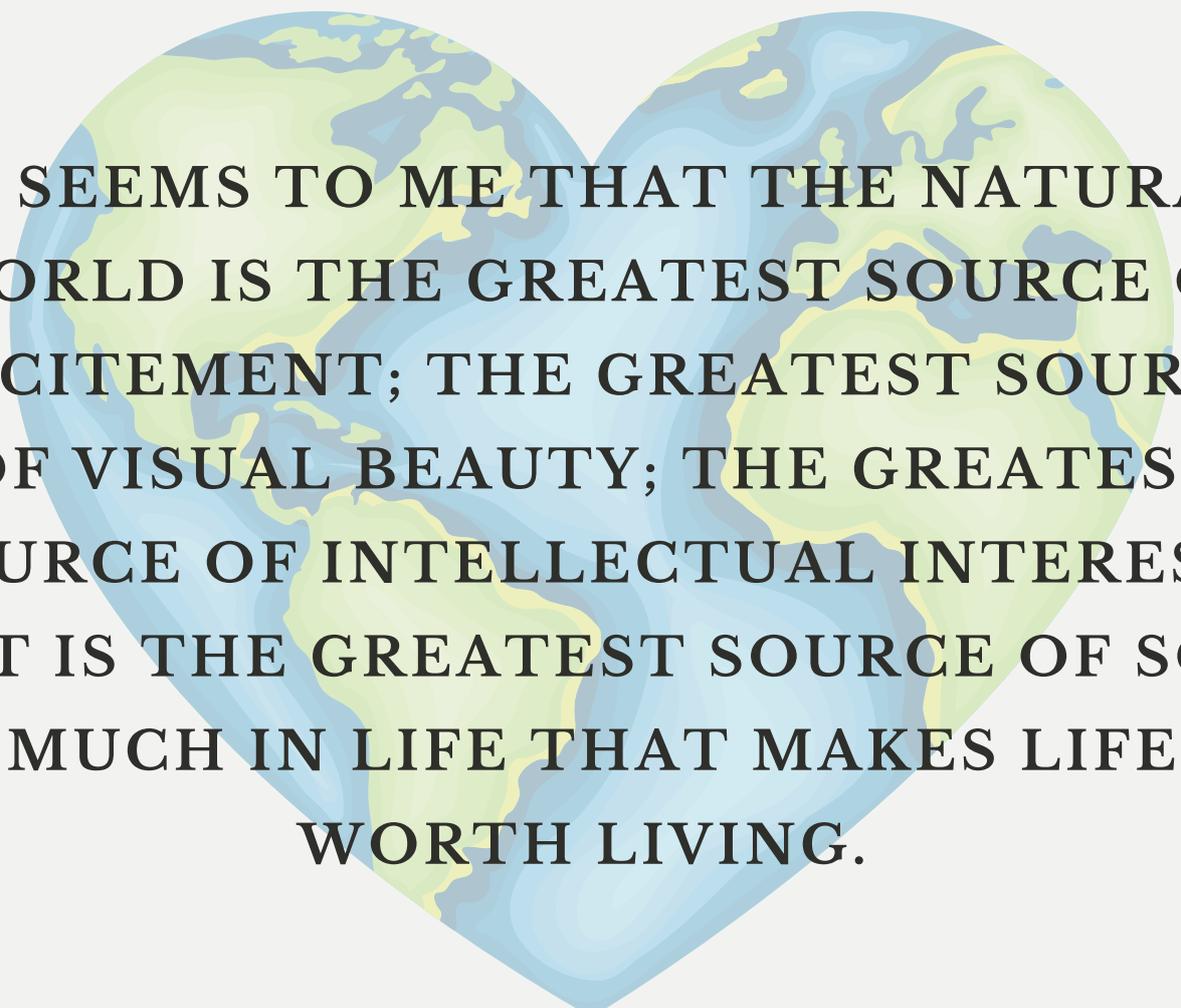
'Don't be pressurised by all the marketing to buy stuff you don't need'

(However green outlook do in fact have some unique items pretty much all plastic free)





*This Valentine's Day, take Inspiration
from David Attenborough*



**IT SEEMS TO ME THAT THE NATURAL
WORLD IS THE GREATEST SOURCE OF
EXCITEMENT; THE GREATEST SOURCE
OF VISUAL BEAUTY; THE GREATEST
SOURCE OF INTELLECTUAL INTEREST.
IT IS THE GREATEST SOURCE OF SO
MUCH IN LIFE THAT MAKES LIFE
WORTH LIVING.**

Sir David Attenborough

**Wishing you a wonderful weekend full
of love and laughter ahead**

From All At GreenFridays4Future

 **GreenFridays**
4FUTURE



ZERO WASTE SHOPPING

This week we caught up with Eibhlin, owner of Zero Waste Store, [The Refill Mill](#).



What was the background to opening your zero waste store?

I opened The Refill Mill after returning from travelling for a few years. It wasn't my plan to open a business but I was tired of not having plastic free options in my area. I thought, if this is bothering me, there must be more people who feel the same way and I felt I had to do something. I threw myself into this idea of a zero waste shop and it all happened pretty quickly after that.

Where did the zero waste concept begin?

The concept of zero waste has always been around, somewhere along the line consumerism has taken over and as a society we are constantly being told we need more. However I think our grandparents all lived with a "waste not want not" mentality, it is up to us to get back into that frame of mind. I first came across zero waste living in Australia.

I lived with some very environmentally conscious housemates and they brought me to my first zero waste shop. That shop completely opened my eyes to another way of living and I was hooked!

"We get people in everyday asking what it's all about and how they can get started."





What level of interest are you seeing in zero waste shopping?

It's all about how they can get started. We get people in everyday asking what it's all about, It is people of all ages too, which is fantastic to see. Most people start with small changes but quickly add more!



What has been your biggest surprise since you started your shop?

Learning the extent of the sustainable living community in Ireland. There are so many people all working together on hundreds of projects to make positive changes. Before starting this journey, I had no idea there was so much support.

"It is truly amazing to see so many people pushing for change."



What has been your one change for a better planet – apart from starting your business?

I have changed my diet completely. I've moved away from being a big meat eater to eating as much plant based as possible and I do my best to source local, in season produce.

Top 5 products?

Most loved products are shampoo bars, bamboo toothbrushes, natural deodorants, reusable coffee cups and our organic dried mango!





SHOW THE PLANET  LOVE

Get up to speed on climate change

Looking for a (free) short course on climate change? We really enjoyed the six-unit video course from Project Drawdown. [Find it here](#)



Take a (long) break from fast fashion, or if you missed our fashion webinar about the issues with fast fashion it's still available on our website

Webinar



Give plastics in clothes a skip.

About 64% of new clothes are made of plastics. Fabrics such as polyester, nylon, acrylic and polyamide contain plastic. Not only do these clothes begin to smell quicker than natural materials, but as we wash them they release tiny plastic particles into the water and ocean where they are often consumed by fish with devastating effects to sea-life and the ocean.



Choose brands that are circular and/or use organic materials



Cos Stores have brought in new denim brand based on organic cotton



Waste in the Ocean

Drop in for a beach clean-up or do your own mini one - just bring a bag with you and some protective gloves or a waste picker and you are all set- your next swim in the ocean will be cleaner for it.



Please remember to pick up after your dog especially on the beach or on the street. Did you know that dog poop is full of lots of bacteria which is one of the worst pollutants in our oceans!



Love your bees please



Plant your own orchard in your community garden, park, school, college workplace. The bees will thank you for it!!