

# FOOTPRINT

Hill House School

Combian  
Primary School

Edition #15 2022

Promoting happy, healthy and sustainable living at Hill House and beyond.

## SHOP WELL - EAT WELL

Scientists recommend we slash our carbon footprint by more than half. Our diet accounts for 25% of our footprint - so how can we reduce its environmental impact without increasing the cost of our food shop? The BBC One's series entitled, "[Shop Well for the Planet](#)" had some tips on how we can all make some big carbon reductions without completely altering your lifestyle.



♥ Less waste - The best way to reduce food waste is to "plan." Involve everyone in your home in the decision making. Plan a menu, make a shopping list, and stick to it as best you can. Try to eat everything you buy and look at ways to use leftovers. Check out these [top ten tips for reducing food waste!](#)



♥ Eat seasonal produce - Try to buy food grown locally in season or, even better, have a go at growing our own! Check out your local farm shops and vegetable box schemes.



♥ Cut back on meat and choose it carefully - Meat is a great source of protein but it's not the only source. Try and have a couple of meat-free days by substituting it with beans, pulse, legumes and grains. Make [Meat Free Mondays](#) a thing!

## Did You Know ...

- It can take 30 bathtubs of water to produce just one beef burger!
- An area of rainforest the size of 100 football pitches is cut down every hour to create room for grazing cattle.
- Almost 1/3<sup>rd</sup> of all land on Earth is used for livestock production.

♥ Consider how you shop and wash up - Buying ingredients loose and cooking from scratch can reduce your use of packaging. Pile up your dishes and wash them all in one go and set your dishwasher to its eco-setting, using less water at a lower temperature, saving not only energy but money too!

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## HILL FRESH

Back in the autumn of 2020, we started the "Hill Fresh" initiative where homes can order fresh ingredients through the Let's Eat Café to prepare healthy meals in their own kitchens. Each season, we publish a Let's Eat Leaflet that contains information about healthy eating and recipes that everyone can cook together.

The Let's Eat leaflet has a new look for 2022! It's bigger and better and we hope you enjoy its content. A key feature in this latest new edition is that the recipes included are all symbol supported.



## MARK YOUR DIARIES

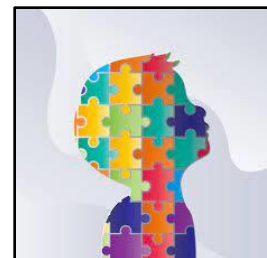
Some dates for your 2022 eco-diary! We will be marking each of these days at Hill House with a range of activities and events. Watch this space for more information and dates of things to come later in the year.

♥ Saturday, 2<sup>nd</sup> April is World Autism Awareness Day - one of the UN's seven official **health awareness** days - and Hill House will be marking this day in line with our Community Cohesion policy.

♥ **Earth Day** is on Friday, 22<sup>nd</sup> April. A day to demonstrate and promote environmental awareness. As part of our One Planet Living action plan, Hill House will be holding a **Plant a Tree Party** where every young person will be given the opportunity to plant a tree and help us to create a "calming copse."

♥ **World Bee Day** is celebrated globally on Friday, 20<sup>th</sup> May.

♥ Saturday, 18<sup>th</sup> June is **Autistic Pride Day**. Wear your ribbon with pride.



## #MAKEONECHANGE

What one change can you make today?