



Your Orbit Earth Eco-pack

#GreenerTogether



building
communities



orbitcustomerhub.org.uk/eco-hub

Welcome to your Orbit Earth Eco-pack



As an organisation, we are not only working to develop better homes and better places, but we are also supporting the journey for us all to become greener and healthier. In doing so, we are becoming more socially responsible and helping to achieve our aim of building thriving communities. Supported by our environmental sustainability programme Orbit Earth, Greener Together is here to support our vision to provide a better future for all generations.

We're here to support you too, by suggesting sustainable solutions that often will cost you nothing – and could even save you money. Living costs are rising, but by being more energy savvy, shopping through clever apps and reusing products we already have in our homes, we can all can reduce monthly bills for food, clothes and heating our homes – and help protect our planet.

This pack provides a range of activities, tips and advice to help you reduce, reuse and recycle – and to help us work together towards a healthier, happier you, with a more energy efficient home and sustainable community.

Keep an eye on our social media for all our environmental updates **@OrbitHelp** on Facebook and Twitter.

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Reduce, reuse, recycle



When looking at how to become more environmentally friendly 'Reduce, Reuse, Recycle' is a fantastic starting point. By following these three simple steps, you can help to cut down on the amount of waste you throw away.

But what does it really mean? It's simple.



Reduce

Reduce the amount of waste you produce:

- Where possible, choose products with less packaging.
- Look for items that you can re-use. For example, eco water bottles to help reduce the amount of single use plastic water bottles you consume.
- Reducing the amount of waste, we all generate is a great way to benefit the environment. Food waste in particular has a huge environmental impact. Try to only cook what you need and freeze leftovers where you can.
- Only buy what you need. Make sure you are using what you have in and plan ahead. Budget planners are always a great place to start.
- Locate the recycle points in or outside of the supermarket.

Did you know?

Recycling plastic takes 88% less energy than making it from raw materials

Source: <https://www.roadrunnerwm.com/>



Reuse

Reusing items is about finding new ways to use them so that you don't need to throw them out:

- Get the most wear out of your clothes and other items before disposing of them. Can they be recycled or donated? Many charity shops are happy to accept pre-loved clothing. Not only would you be giving these items a second life, but you would be helping charities raise money too – win-win. Tip: Apps such as 'Scrapp' help you to reduce waste and recycle right
- Alternatively, swap or sell unwanted clothing on apps such as Depop, Vinted and ASOS marketplace. You can also head to your local charity shop to see what unique pieces are on offer
- Rather than throwing household items in the bin, try upcycling them. Examples include turning t-shirts into cushion covers, using toilet roll tubes to grow seeds or giving a lick of paint to some old furniture
- Sell or buy unwanted household items on apps such as Facebook Marketplace.



Recycle

Recycling is using waste materials to make new products that can be sold again. Recycle items wherever possible.

Materials that can be recycled include:

- Plastic, especially single use plastic
- Glass
- Cardboard
- Aluminium
- Lightbulbs
- Lead batteries
- Printer ink cartridges.

Supermarket shopping

The supermarkets are a great place to put your recycling knowledge into action. Here are some tips:

- Check your packaging for recyclability
- Come prepared with a reusable bag

Did you know?

Recycling helps save energy. If you recycle one glass bottle, it saves enough energy to light a 100-watt bulb for four hours, power a computer for 30 minutes or a television for 20 minutes.

Source: <https://recyclingpartnership.org/>



Share your reuse, reduce and recycle tips with us on social media **@OrbitHelp** on **Facebook** and **Twitter**



#GreenerTogether challenge!



Now is the time to put yourself to the test in our #GreenerTogether challenge!



Greener check list one - Helping hand for nature

- Get outside on a nature trail: Take time to be mindful of the great outdoors. You don't have to be in the country to find wildlife, check out these urban habitats. It's also great for your personal wellbeing
- Open a bird café, using a bird feeder, table or repurposing a milk bottle. Try using leftover cooked rice or oats if you don't have bird seed. You could also look to create a bee or bug hotel
- Plant a tree. Native species that suit the size of your space are best. If you don't have space, look for a tree planting volunteering project to join near you.

Greener check list two - Journey to net zero carbon

- Watch a TV series or film about climate change, e.g. 'Greta Thunberg: A Year to Change the World' or 'Love our Planet' on the BBC. Share what you learned with your community by tagging us on social @Orbithelp
- Calculate your personal/household carbon footprint here. Then commit to an action
- Walk, cycle, or use another non-car method of travel for all journeys less than two miles.

Greener check list three – Eat, drink and be green

- Make a new meal using leftovers; If you need some inspiration, Google River Cottage's 'Love Your Leftovers'. Post your culinary wonders on social and tag us @OrbitHelp on Facebook or Twitter
- Buy your weekly food shop from a local zero waste/sustainability store, where you can take refillable containers instead of buying unnecessary plastic packaging
- Veganuary may be over, however there is nothing stopping you from going vegan for a month. Try out these cost conscious vegan recipes

Greener check list four - Waste not want not

- Take any old and used batteries to your local battery bin. These can often be found in your local large supermarkets and they may also take lightbulbs too
- Use Freecycle or Facebook Marketplace to give away or sell any items or clothing that you no longer use
- Take part in a local upcycling class to learn how to turn your old furniture into something that looks brand new. Or give YouTube a try to DIY. Post your creative efforts on social and tag us so we can share with the Orbit community @OrbitHelp on Facebook or Twitter.

Scrumptious vegan recipes



Cooking Vegan



Fancy a change? How about cooking vegan food? Even if you only have one or two vegan meals a month, you've ticked off one of the tasks in the Greener Together challenge, and you're also contributing towards a carbon-reduced planet.

The best part is, you can either source the ingredients yourself, or for beginners who need a bit of inspiration there are fantastic apps and websites. We're pretty sure you'll be amazed just how tasty and diverse vegan cooking can be.

We recommend:

allplants

This site is brilliant and will send you the ingredients. You can also send the packaging back to them or recycle at home: allplants.com/. If you refer your friends, you get bonus discounts – so, go on, share the love.



Want to cook quick, tasty meals for less? Like £3.35 per serving?! This site promises to deliver in the daytime for free, with 40% off your first box and then 20% off the next three* They do more than just vegan food too, with keto, low carb and vegetarian options – among others.

greenchef.co.uk

*quoted at time of publishing.

TESCO

Get inspired by their vegan recipes before your shop or search their meals online. There is the odd cake and even some cocktails for a special occasion.

Every little helps!

realfood.tesco.com/recipes/special-diets/vegan-recipes.html

Handy apps!
Before purchasing clothing from a high street or online retailer, download a sustainable fashion app. There's many to choose from. Why not start with 'Swapsy', or 'reGain', or find out the impact of the clothes you're buying with 'Good on You'?



Breakfast



Eating less meat can be a great way to help us go greener because the methane released by meat production contributes to greenhouse gases, which is bad for our environment. We all need more fruit and veggies in our diet too, so be good to both yourself and the planet by trying some new vegan or vegetarian recipes. Here are a few to get you started:

Easy vegan pancakes

Ingredients:

- 300g self-raising flour
- 1 tsp baking powder
- 1 tbsp sugar (any kind)
- 1 tbsp vanilla extract
- 400ml plant-based milk (such as oat, almond or soya)
- 1 tbsp vegetable oil for cooking

To serve (optional)

- banana slices, blueberries, maple syrup, vegan chocolate chips, plant-based yogurt

How to make it:

1 Step one

Whisk the flour, baking powder, sugar, vanilla extract and a pinch of salt in a bowl. Slowly pour in the milk until you get a smooth, thick batter.

2 Step two

Heat a little of the oil in a non-stick frying pan over a medium-low heat and add 2 tbsp batter into the pan at a time to make small, round pancakes. You will need to do this in batches of two-three at a time. Cook for three to four minutes until the edges are set and bubbles start to appear on the surface.

Flip the pancakes over and cook for another two to three minutes until golden on both sides and cooked through. Keep warm in a low oven while you cook the remaining pancakes.

3 Step three

Serve stacked with lots of toppings of your choice - or serve with bowls of toppings for everyone to help themselves.

Tip? These pancakes are freezable!

Place a piece of baking parchment between each one to stop them sticking. Reheat in the microwave (or wrapped in foil in the oven if you don't have a microwave).

For the full recipe, visit: [bbcgoodfood.com/recipes/easy-vegan-pancakes](https://www.bbcgoodfood.com/recipes/easy-vegan-pancakes)



Lunch



Vegan Chickpea Curry Jacket Potato

Ingredients:

Four sweet potatoes

- 1 tbsp coconut oil
- 1 ½ tsp cumin seeds
- One large onion, diced
- Two garlic cloves, peeled then crushed
- Thumb-sized piece ginger, finely grated
- One green chilli, finely chopped
- 1 tsp garam masala
- 1 tsp ground coriander
- ½ tsp turmeric
- 2 tbsp tikka masala paste
- Two x 400g can chopped tomatoes
- Two x 400g can chickpeas, drained
- Lemon wedges and coriander leaves, to serve

How to make it:

1 Step one

Heat oven to 200C/180C fan/gas 6. Prick the sweet potatoes all over with a fork, then put on a baking tray and roast in the oven for 45 minutes or until tender when pierced with a knife.

2 Step two

Meanwhile, melt the coconut oil in a large saucepan over medium heat. Add the cumin seeds and fry for one minute until fragrant, then add the onion and fry for seven to 10 minutes until softened.

3 Step three

Put the garlic, ginger and green chilli into the pan, and cook for two to three minutes. Add the spices and tikka masala paste and cook for a further two minutes until fragrant, then tip in the tomatoes. Bring to a gentle simmer, then tip in the chickpeas and cook for a further 20 mins until thickened. Season.

4 Step four

Put the roasted sweet potatoes on four plates and cut open lengthways. Spoon over the chickpea curry and squeeze over the lemon wedges. Season, then scatter with coriander before serving.



For the full recipe, visit: bbc.co.uk/food/recipes/chickpeacurry_2213

Did you know?

Plastic bags can take up to 1,000 years to decompose, so use reusable shopping bags whenever you can

Source: <https://www.roadrunnerwm.com/>

Dinner



Vegan chilli

Ingredients:

- 3 tbsp olive oil
- Two sweet potatoes, peeled and cut into medium chunks
- 2 tsp smoked paprika
- 2 tsp ground cumin
- One onion, chopped
- Two carrots, chopped
- Two celery sticks, chopped
- Two garlic cloves, peeled and crushed
- 1-2 tsp chilli powder (depending on how hot you like it)
- 1 tsp dried oregano
- 1 tbsp tomato purée
- 1 red pepper, cut into chunks
- Two x 400g cans chopped tomatoes
- 400g can black beans, drained
- 400g can kidney beans, drained
- lime wedges, guacamole, rice and coriander to serve

How to make it:

1 Step one

Heat the oven to 200c/180c fan/gas 6. Put the sweet potato in a roasting tin and drizzle over 1½ tbsp oil, 1 tsp smoked paprika and 1 tsp ground cumin. Give everything a good mix so that all the chunks are coated in spices, season with salt and pepper, then roast for 25 mins until cooked.

2 Step two

Meanwhile, heat the remaining oil in a large saucepan over a medium heat. Add the onion, carrot and celery. Cook for eight to 10 mins, stirring occasionally until soft, then crush in the garlic and cook for one more minute. Add the remaining dried spices and tomato purée. Give everything a good mix and cook for another minute.

3 Step three

Add the red pepper, chopped tomatoes and 200ml water. Bring the chilli to a gentle boil, then simmer for 20 mins. Tip in the beans and cook for another 10 mins before adding the sweet potato. Season to taste then serve with lime wedges, guacamole, rice and coriander. It will keep in an airtight container in the freezer for up to three months.



For the full recipe, visit: [bbcgoodfood.com/recipes/vegan-chilli](https://www.bbcgoodfood.com/recipes/vegan-chilli)

Tip: Got leftovers? This recipe is freezable. Why not bring it out another day and switch it up between serving with sweet potatoes, salad and/or rice.



Snacks, sides, or small meals



Vegan salad bowl

Ingredients:

- 200g couscous
- 400g can mixed beans
- 1 tsp olive oil
- 1/2 tsp chilli flakes
- 3/4 small bunch of dill, torn into sprigs
- Two watermelon radishes or six small ones, sliced
- 1/2 cucumber, peeled into ribbons

For the quick pickle:

- One large red onion, finely sliced
- 1/4 small red cabbage, finely sliced
- 2 tbsp white wine vinegar or apple cider vinegar
- 1 tbsp caster sugar
- 1/4 small bunch of dill, leaves picked

How to make it:

1 Step one

First, make the pickle. mix all the ingredients together in a large bowl with 1 tsp flaky sea salt, then cover and set aside until needed.

2 Step two

Mix the couscous with 280ml boiling water in a bowl, cover and leave for four minutes, then fluff up with a fork. Set aside to cool slightly.

3 Step three

Meanwhile, drain and rinse the beans, tip into a bowl, then stir in the olive oil and chilli flakes along with a little seasoning.

4 Step four

Mix most of the dill through the couscous and season. To assemble, spoon the quick pickle, couscous, radishes, beans and cucumber into separate parts of each bowl. Top the pickle with the reserved dill and grind over some black pepper.

Food waste apps!

Don't let food go to waste. Apps like 'Too Good to Go' and 'Karma' mean companies don't have to waste perfectly good food, plus you get amazing discounts.

For the full recipe, visit:
[bbcgoodfood.com/
recipes/buddha-
bowl-salad](https://bbcgoodfood.com/recipes/buddha-bowl-salad)



Nature and you



Nature and you



Getting outdoors in nature contributes significantly to your overall wellbeing. Our partners, Mind, have plenty of information on the activities you can enjoy in the great outdoors, and we have picked our favourites from their list:

Grow or pick food:

- **Create a growing space.**
If you don't have access to a garden, you could plant salad leaves or herbs in a window box or plant pot. It doesn't have to be expensive either, you can collect free seeds from the tomatoes and apples you buy from the supermarket
- **Grow food together with others.**
Apply to share an allotment or look for community gardens or food growing projects in your local area. See the National Allotment Society, Social Farms & Gardens or your local council's website for more information
- **Go fruit picking.** Look for local farms or orchards that let you pick fruit to buy. Not only will you get outside and a bit of exercise, but you'll save a bit of money too. You might also find fruit growing in urban spaces, for example wild blackberries.

Quick tip: If you're going fruit picking or foraging, be aware that not all wild plants are safe to eat.

To learn more, please visit:
bbcgoodfood.com/howto/guide/foraging



Bring nature indoors:

- **Buy flowers or potted plants for your home**
- **Collect natural materials.**
For example, leaves, flowers, feathers, tree bark or seeds. Use them to decorate your living space or in art projects
- **Grow plants or flowers on windowsills.**
See the Royal Horticultural Society website for tips on planting seeds indoors: rhs.org.uk/advice/how-to-sow-seed-indoors
- **Take photos of your favourite places in nature.** Use them as backgrounds on a mobile phone or computer screen. Or print them and put them up on your walls.

Hill walking and camping help to keep depression and anxiety at bay for my partner, as does trekking and gentle hill walking for me. When you are in nature your mind is free of the daily stresses and you can spend your time being in the moment instead.

Nature and you



Do activities outdoors

- **Take a walk in a green space.** For example, a local park
- **Get creative.** Draw or paint animals or nature scenes or let them inspire a poem or song lyrics. If you enjoy writing in a journal, try doing this outside
- **Eat meals outdoors.** Have a picnic in a local park or sit in a garden if you have one.
- **Exercise outside.** Run or jog through a local park or do yoga outdoors. You could try it by yourself or look for classes in your local area
- **Join a local walking or rambling group.** There are lots of different organised walking groups
- **Try geocaching.** This involves looking for items in hidden outdoor locations, using a mobile phone or tablet. For more information on geocaching see the National Trust website: nationaltrust.org.uk/features/what-is-geocaching-outdoor-adventure-for-kids



I started volunteering on Saturdays when I was in a really low frame of mind and it really helped me recover more quickly. I work full-time in an office during the week, so doing something so active in such a different environment is a lovely change.



Help the environment

- **Go on a litter picking walk.** For example, in the park or on the beach
- **Volunteer for a conservation project.** For suggestions see The Wildlife Trust, Groundwork and The Conservation Volunteers websites
- **Plant helpful seeds.** For example, berry bushes for garden birds or flowers to help bumblebees. See the Bumblebee Conservation Trust website for more information on bumblebees
- **Build an animal habitat.** For example, a hedgehog house or a bird box
- **Try upcycling.** Get creative and find a new purpose for your rubbish. The Royal Society for the Protection of Birds (RSPB) website has suggestions on upcycling for nature.



Connect with animals

- **Watch out for wildlife.** If you don't live near open countryside, try visiting a local park to look for squirrels, fish, insects, ducks and other birds
- **Hang a bird feeder outside a window.** If there's space, you could build a small wooden nesting box on a tree or under a windowsill
- **Try birdwatching.** You don't need any special equipment. See the RSPB website for more information on feeding, sheltering and watching birds
- **Try pet-sitting or dog walking.** Offer to be a pet sitter in your local neighbourhood, volunteer to walk dogs for an animal shelter or ask to borrow a friend's dog for occasional evening or weekend walks.



Wildlife outside your window



We recognise the huge challenges the natural world is facing, which is why we've partnered with The Wildlife Trusts to better support nature's recovery and improve outdoor spaces for everyone. By taking small steps, we can all create a better environment for wildlife and nature to thrive.

Get your free 'Wildlife outside your window' booklet!

To improve the wildlife outside your window, we've created a handy booklet full of easy ideas and tips to try in your own outdoor space - whether it be a garden or window ledge. You can access a digital version the booklet by visiting our website at orbitcustomerhub.org.uk/eco-hub/wildlife. We've also got a limited number of free hard copy booklets and packs of wildflowers available to the first 1,000 customers who order them via our website at the address above.



Did you know?

This partnership is supported by Orbit Earth, our environmental sustainability programme. Orbit Earth aims to actively enhance our environment, creating and improving places and spaces for our communities to thrive.

For more on Orbit Earth visit orbitgroup.org.uk/our-esg-strategy/environment/



Mindful Music



Spending time walking in nature has been found to help with mental health issues including anxiety and depression. Our partners Mind write, 'When you are in nature your mind is free of the daily stresses and you can spend your time being in the moment instead.'

Below is a fantastic playlist to keep you company on your stroll and put more of a spring in your step:



We love:

1. Day Dreaming – Aretha Franklin
2. Here, There And Everywhere – The Beatles
3. Baltimore – Nina Simone
4. Use Me – Bill Withers
5. Cannock Chase – Labi Siffre
6. august – Taylor Swift
7. Everywhere – Fleetwood Mac
8. I Feel the Earth Move – Carole King
9. Spooky – Dusty Springfield
10. Didn't I – Darondo
11. How Long Do I Have to Wait for You? – Sharon Jones & The Dap-Kings
12. Walking Away – Craig David
13. Oxford Comma – Vampire Weekend
14. Cornerstone – Arctic Monkeys
15. I Can't Go for That (No Can Do) – Daryl Hall & John Oates
16. Brass in Pocket – Pretenders
17. What a Fool Believes – The Doobie Brothers
18. Mr. Big Stuff – Jean Knight
19. Bad Bad News – Leon Bridges
20. Young Americans – David Bowie
21. Love Is A Losing Game – Amy Winehouse
22. Holding On – Gregory Porter
23. Walk on By – Dionne Warwick
24. That's the Way of the World – Earth, Wind & Fire
25. Remember Where You Are – Jessie Ware.



Source: femaleoriginal.com/25-songs-to-add-to-your-walking-playlist.



You can also Google 'exercise playlists' for more inspiration!



Become more energy efficient



With increased energy costs, we all want to save money on our energy bills. Using less energy is good for the planet too! Here are a few money saving tips:

- **Find out how long it really takes to recharge your gadgets.** Charging phones or devices overnight or for too long can not only ruin your battery, but it costs more in electricity
- **When using your iron, save the items that can be used at a lower heat setting until the end.** You can then turn your iron off and as it starts to cool, finish up those last few items – and save on electricity
- **Only boil the water you need** – not a full kettle
- **Switch to LED bulbs** – these use a lot less energy than halogen bulbs and help to save money
- **Make sure to turn your appliances off by the plug switch** – leaving your appliances on standby costs
- **Take a four-minute shower challenge,** this could save a household of four £132 a year
- **Check hot water temperature on your boiler** – this can be one of the biggest impacts on bills.

Did you know?

LED bulbs last longer and use less energy, which offsets any additional upfront cost.

Test your energy IQ by taking our 'How much does it cost' quiz (answers at the bottom on page)

1. Which one of these costs more to run?

- A. Hair dryer (15 minutes a day)
- B. Iron (30 minutes a day)



2. Which one of these costs more?

- A. Boiling a kettle (10 minutes a day)
- B. Using the microwave (15 minutes a day)

3. Which one of these costs more to run?

- A. Washing machine (3hrs a day)
- B. Leaving two halogen lights on (16hrs a day)

4. Which one of these costs more to run?

- A. Mobile charging overnight
- B. TV on standby all day

Source: qsa.typeform.com/to/z8AJ3iyT



Answers: Question 1: B Iron, Question 2: B Kettle, Question 3: B Halogen Lights, Question 4: B TV

Colouring Sheets



Colouring Sheets



Children love to colour - and of course, so do some adults. It's not only a great way to relax and practice mindfulness, our eco-colouring sheets are also a terrific way to open up the conversation with the young people in your life about the importance of caring for our environment.

Why not get your crayons and pens out and bring a little more colour to your life?

Eco apps!

Need a starter app to go green? Download Joulebug. JouleBug is the easy way to make your everyday habits more sustainable, at home, work and play.



We would love to see your colourful creations!

Be sure to share them on @OrbitHelp on Facebook or Twitter.











