



SARAH & PHOEBE

SARAH

We have a veg box delivered once a fortnight for the same reasons as Gemma and after having tasted some of the produce at my brother's house. On a 'Riverford Week' we plan our meals around the contents of the veg box and let the contents influence and inspire what we eat – delicious! We also plan a menu for the week when possible. We have always tended to do this, especially when we were following Slimming World rigidly and so the habit has stuck. It helps to ensure that we have lots of meat free days and we have definitely increased our fish and veg consumption. It also means that we avoid unnecessary trips to the supermarket and all that that entails.

We avoid perishables with a lot of air miles and will often walk a couple of miles to a greengrocer! Since losing weight with the help of Slimming World, we always cook from scratch now. Paul is really good at maintaining this, I am the slovenly one here – but he enjoys the process of preparation and flavouring what we eat and enjoys eating it! In my defense I have got back into baking a bit more recently and have really enjoyed not only the process but sharing what I have made with family and friends.

We also do the leftover thing and if we have had something like pasta we will have that as part of a salad the next day for lunches and we don't always follow use by dates rigidly – food is not on a timer that pings to inedible once the stroke of midnight has been reached! It is rare for things to go to waste as Millie will eat anything we do, except mushrooms – such a fussy spaniel!

Long term we are planning to grow more of our own food. Lockdown gave Paul the opportunity to clear more of the garden, which he continues to do and there is talk of a poly tunnel eventually and some raised beds. We are very fortunate in having a huge garden which we can develop as time and money allows.

At home the heating and lighting goes on when necessary and I wash clothes when they are dirty or smell – sometimes things just need a blow through on the line and we only use the tumble dryer when necessary. We have recently switched to an Ecover washing liquid – love it!

I will admit that clothes are my downfall and that I am guilty of buying from fast fashion retailers because I like the buzz of creating new looks and outfits – this has got worse since losing the weight. However, I do hold on to my clothes and wear them for several years, finding different ways to mix and match. It basically comes down to cost really and I know we are being encouraged to buy less and buy well, but then you can hit the problem that what you want to be wearing isn't available. The fashion industry does create lots of wealth and job opportunities, but it needs proper investment to make it safer, cleaner and more cost effective.

When it comes to yarn there is nothing I like better than a pure British choice, but if I wasn't lucky enough to be able to get yarn from working on commissions etc then I really could not afford to knit with it all the time. However, I am more prepared to spend extra on yarn for an investment piece because I will also have the pleasure from the hours of making it and the knowledge that I have supported an industry/designer.

My local area is big on recycling and I wash everything before it goes in the bin – how skanky not to? I am definitely the biggest recycler in the house and have been known to fish things out of the bin to wash and recycle! I keep all packaging/ envelopes and reuse them.

There is no doubt that we are all conscious of the need to do more, whilst recognizing either the logistical or financial issues that that may also raise. Small steps is the message I think we are all agreed on and in the long run they are the most sustainable – be more tortoise!!!

PHOEBE

I'm a big water drinker and I like to make sure I have drunk around 1.5/2 litres of water every day. I use a bottle so that I can keep track of how much water I have swallowed. I used to have water in plastic bottles from the supermarket but about 3 years ago I realised how wasteful this was. I now have a reusable water bottle which I absolutely love and so I would definitely not go back to bottled water!

I love clothes and shoes, but I am increasingly trying buy things from more sustainable companies. One company that I have recently discovered is called 'nu-in' <https://nu-in.com/pages/about-us> When I buy an item of clothing, I plan at least three outfits that I can use it in to stop me buying too many things, wearing them once and then them sitting in the wardrobe.

When I was a teenager, I used to love having lots of makeup products; every shade of eyeshadow, lipstick and blusher that you could have wanted. As I've grown up, I've come to realise that this is incredibly wasteful because most of the shades never got used. Now I have a couple of different colour options so that nothing gets thrown away.

John Lewis and Boots both have beauty product recycling schemes where you can take your empty products to their store in exchange for a voucher off further products. They recycle the empty packaging in a better way compared to household recycling, I think!

