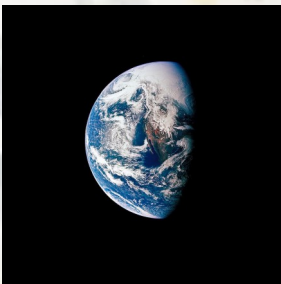


Walton Churches Creation Care Project

Autumn Newsletter



After a summer of heatwaves, droughts, and wildfires, and the recent floods in Pakistan and Nigeria, we have to be aware that the consequences of climate change are already being experienced, here and around the globe

In addition, the cost of living crisis has faced many people with impossible decisions over how to make ends meet. Heating, lighting and even cooking food have become inordinately expensive, alongside rampant inflation, falling wages and rising rents and mortgages.

But there is a tiny glimmer of **good news** — it is possible for saving money to also help with our environmental problems.

What we would like to do in our newsletters is to focus on changes we can all make, whatever our financial situation, which will have a positive impact on the environment and also save you money!

We have put a few tips together here for you, but for our next edition, due out in February, we would love to share your suggestions and ideas.

Focus on energy and food

Facing up to these huge challenges is daunting and it can feel impossible to cope with. But even small changes can help to look after God's amazing creation, as well as looking after your budget.

We are sure that all of you have tips and tricks you have learnt which help to save you money and are good for the environment. We would love you to share those ideas with us and we will put them in next time's newsletter.

We would especially like some **recipes** using cheaper and greener foods and innovative cooking methods.



Please send your suggestions to waltoncreationcare@gmail.com and we will include as many of them as possible.

Energy - the major priority for many just now

- It's very important for small children and the elderly to keep warm enough, despite the cost of energy. Try to heat the rooms you are in rather than the whole house but don't risk making yourself ill! And wrap up warm.
- Try turning down your thermostat by just one degree.
- One of the cheapest ways to make your home more energy-efficient is draughtproofing round leaky doors and windows. Even a draught excluder can help!
- Kettles use a lot of power, so try to boil only the amount of water you need.
- What about taking a timer into the bathroom and limiting the length of your shower? That would save water and energy.

Food - another huge expense at the moment

- British-grown root vegetables and greens, like sprouts and cabbage, tend to be more affordable, as well as reducing food miles. Do you have some good recipes to share?
- Buying loose vegetables can be much cheaper than a package and reduces waste and packaging. You can even take your own reusable bag.
- **Cooking** can use a lot of energy. Try using the **microwave** to cut cooking times. Even if you like your baked potato crispy, you can cook it in the microwave and crisp for 10 minutes in the oven afterwards.
- The **freezer** can be enormously helpful. Food reduced for a quick sale can often be frozen and used later. Freezing food close to its sell-by date or your leftovers reduces food waste.
- Batch cooking and freezing, then reheating in the microwave saves time and money.
- Frozen fruit and vegetables are always in season, often cheaper and tend to cook more quickly.
- Using either the hob OR the oven but not both will save energy.

We're sure you have lots of good ideas to share with us all.

Please send your suggestions to us at: waltoncreationcare@gmail.com

so that we can all care for and support each other
and protect our precious environment.

Looking forward to hearing from you,

The WCCCP team.