



## REUSE AND RECYCLE

All recycling helps. Here are a few ideas:  
**Take care with recycling.**

Be sure to sort your recycling correctly and “**wash and squash**” items before putting into your bins. This makes collection efficient and also prevents the

contents from ending up in landfill, as food or incorrect items can contaminate the process. See:

<https://www.anglesey.gov.wales/en/browse/Residents/Bins-and-recycling/>

## BATTERIES, INK CARTRIDGES ETC. CAN BE RECYCLED

in the small white bags provided with the recycling trolleys. If the bag is not taken when attached to the bin, the Council recommends placing the bag inside the top bin, on top of the paper. Also, some supermarkets have battery collection points.

**GREETING CARDS CAN BE REUSED** for gift tags or crafts. Check if anyone in your local area collects them to reuse. Also, watch for charities collecting used postage stamps to raise funds.



## SPEND TIME WITH NATURE

The North Wales Wildlife Trust posts weekly details of local events such as beach cleans, nature reserve walks and various on-line talks.

<https://www.northwaleswildlifetrust.org.uk>

**THERE ARE LOTS OF THINGS  
WE CAN DO TO HELP THE PLANET**

## LENT 2022

*Laudato Si' calls us to  
care for the earth,  
our common home.*

*Lent can be a time to take up some new  
actions that support nature.*



**REDUCE FOOD WASTE.** Food requires tremendous resources to produce and distribute, yet a recent study found that about a third of all food produced is wasted (lost during production, discarded by shops and restaurants, thrown away at home). We can help reduce waste both at home and in shops.

*We're encouraged to not throw items  
away too soon.* When checking food

expiration dates, note the difference between “Use-by” and “Best-before.” **Use-by dates** are about safety. You can eat food until and on the use-by date (if stored properly) but not after. Use-by dates are on food that goes off quickly,

such as meat products or ready-to-eat salads. **Best-before dates** are about quality, not safety. The food will be safe to eat after this date (if stored properly) but flavour and texture might not be as good. Best-before dates appear on a wide range of foods including frozen foods, dried foods and tinned foods.

<https://www.food.gov.uk/safety-hygiene/best-before-and-use-by-dates>



## SUPERMARKETS ARE MAKING AN EFFORT TO REDUCE FOOD WASTE.

Look for special offers on food that in earlier times would have been thrown away, e.g. irregularly shaped fruit and veg, or food near its expiration date.



## REDUCE FOOD MILES

Our rural location gives us the opportunity to buy locally produced meat and veg, which can save the packaging, preservatives, and fuel.



## LOCAL SHOPS AND BUTCHERS

### Following are some local providers:

Ask your local butchers and other shops about local produce they carry.

### Dovecote Nursery

Fruit & veg. Located near Britannia Bridge, off Holyhead Road, Llanfairpwll. <https://www.facebook.com/DovecoteNurseryAnglesey/>

### Hooton's Homegrown

Meat, fruit & veg. Brynsiencyn, LL61 6HQ; tel 01248 430644.  
And Llanfair PG Station, Holyhead Road, LL61 5UJ; tel 01248 716663.

<https://www.hootonshomegrown.co.uk/>

### Tatws Bryn

Vegetables. Delivers to locations on Anglesey.

Llanllechid, Gwynedd, LL57 3LG; tel 07860268410.

### Tatws Trading

Located in Llandudno, produce is from local counties as well as imports. Trades at Llangefni Market, Thursdays and Saturdays and delivers to some areas of Anglesey. <https://www.tatwstrading.co.uk>

### The Menai Seafood Company Ltd

Delivers to sites on Anglesey. Bethesda, Gwynedd, LL57 3NE; tel 01248 719 099.

<https://themenaiseafoodcompany.co.uk/>

### Village Veg, Waunfawr

Meat, fruit & veg. Delivers to some locations on Anglesey. Waunfawr, Caernarfon LL55 4BX, tel 07962 214314 <https://village-veg.com/>

## LOOK FOR SUSTAINABLE CHOICES IN SUPERMARKETS

Supermarkets have made commitments to operate more sustainability, e.g. by reducing carbon footprint; improving energy efficiency; reducing plastic in product ranges; and reducing food waste by redistributing or donating food. In many cases, their efforts involve the choices we as shoppers make.



Consider the following opportunities for a more sustainable shop:



**Reduce food miles** by noting where food originates and selecting the more local options.

**Reduce packaging** by selecting items that have no packaging, or recyclable or reusable packaging. Use reusable or compostable bags where possible.

**Select items that are sustainably sourced**, e.g. fair trade items, food that is sustainably grown or fished, and products that use sustainably sourced materials (e.g. timber, paper, and cotton.)

**A WORD ABOUT “GREENWASHING”** Companies are under pressure by consumers to provide more earth-friendly options, which could result in brands misleading shoppers about their green credentials (“greenwashing”).

The organisation Which? offers advice for spotting greenwashing: <https://www.which.co.uk/news/2021/11/cop26-little-green-lies-how-to-spot-greenwashing/>

The Competition and Markets Authority has published the “Green Claims Code” to help businesses comply with law: <https://www.gov.uk/government/news/greenwashing-cma-puts-businesses-on-notice>