

Green Team  
East & Old Church  
East High Street  
Forfar  
DD8 2 EL

Tel: 01307 466639  
Email:  
hrothach@tiscali.co.uk

# East & Old Green Team Eco Newsletter

## Your Planet Needs You!

- Handy hints of the month
- Litter Pick Up dates
- Events hosted by the Green Team
- News from Other Church Committees about their Eco events

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Volume 1, Issue 3

Newsletter Date June 2015

## Your Planet Needs You



Over the coming months the Green Team will be posting a number of editions of the Green Team Eco Newsletter on the teams pages on the East & Old Church website at <http://www.thebigkirk.co.uk/>

These articles are aimed at helping to promote the use of Green Eco-Friendly measures that will help you save money as well as save &/or enhance your natural environment.

Today's handy hints are all ways in which you can reduce your carbon foot print when travelling

Need a new car - get a hybrid - they produce less emissions and save money on fuel. You can also consider getting an electric car as they produce no emissions.



Organize car pools when possible - its much cheaper to take turns with other drivers than pay for fuel for every journey.

Plan your errands to avoid driving in circles & retracing old ground as this will save you petrol/diesel.

Use a bicycle or walk when taking short trips to the corner shop or going out to meet someone for lunch - it will definitely help you work up an appetite.



Drive economically at a steady speed instead of increasing speed and braking continually as this will save on fuel consumption.

When booking your holidays consider going on a



as they are far better than aeroplanes for contributing to your carbon footprint.

For those of you are able, you could consider a walking or cycling holiday, after all these would be the most carbon free holidays of all.

## Litter Pick Up Dates



There are no litter pick up dates scheduled for July.

Thank you for your participation so far and please enjoy your summer holidays.

## Heavenly Aromas in Forfar Church

Friends of Forfar East & Old Parish Church held a very successful 'Love Food / Hate Waste' evening on Saturday.

Elizabeth McLeod and Susan Forbes prepared 7 dishes together in the sanctuary chancel area and excited the audience's taste-buds with portions given out to the audience throughout the evening.

The idea was to highlight the food mountain that we throw out each week, mainly fruit, vegetables and bread, when we could utilise these leftovers in simple soups, main dishes and

desserts by adding very cheap ingredients with minimum preparation time.

Among others there was lettuce and leek soup, cheesy toast melts, chicken and ham stroganoff, fish cakes, pineapple alicia and lemon coconut slice.

Rev Barbara Ann Sweetin compered while the cooking was going on, and with the aid of a microwave, hot plate, hand mixer, blitzer and a little backroom oven-baking the ladies produced a feast of tasty and nutritious food. There was lots of advice

and tips while they were cooking, and interaction with the on-lookers. Some of the recipes were courtesy of the website - [scotland.lovefoodhatewaste.com](http://scotland.lovefoodhatewaste.com) and all were available in print for the audience.

A face-recognition quiz of famous chefs was held during the intervals.

East & Old Church are an Eco-Congregation and this venture will count towards their 2<sup>nd</sup> Award.



Photo shows L Susan, Rev Barbara Ann and Elizabeth ready to start cooking.