

Eco Tip for February

It's all about food in February! Have you been able to complete any of the eco-lifestyle survey by Creation Care from last month? <https://creationcare.org.uk/members/>. Checking the relevant section of the survey may give you 'food for thought'!

"Roughly what proportion of our meals are vegan; vegetarian; fish; red meat or other meat?". **Could you be more intentional about reducing meat meals?** Could you increase your vegetarian or vegan meals to once, twice, three times a week?

"Do we plan meals to minimise food waste?" How could we aim to be 'zero-waste' in our food consumption? Do you have any 'leftover' recipes you could share?

Rebecca's Frittata recipe (using up those leftovers), together with recipes for the vegan cakes you may have tried during after church coffee on Sunday 5 February are available on a separate link on the church Eco page.