

Dear Parents, Carers, Students and Staff,

The start of a new year is the perfect time to refresh, restart and challenge yourself to make a difference. At Merici we are continuing to focus on reducing waste to landfill, rethinking our energy use to be mindful of only using what we need, and being conscious water users in terms of water quantity and quality (what we put down the drains).

At home and school you can apply principles of sustainable living by:

Take a re-usable cup only pledge



How to make it happen

1. Invest in a reusable coffee cup that best suits your needs.
2. Keep your reusable coffee cup somewhere handy so you don't forget it.
3. Make a 'no re-usable cup no takeaway coffee/tea rule – if you forget your reusable coffee cup, dine in or go without.

What this will achieve

- Save the waste and production of hundreds of disposable coffee cups every year (if you have 5 takeaway coffees every week, you'll save 260 disposable cups!)
- Encourage mindfulness

Vow to eliminate plastic bags



How to make it happen

1. Invest in some high quality [reusable bags](#) that best suit your needs.
2. Keep them in a convenient area where you won't forget them (on the back seat or in the boot of your car, hanging behind your front door).
3. Remind yourself to bring them with you when you go shopping (set a reminder on your phone, stick a post-it note by your keys)

What this will achieve

- Save plastic waste and production
- Fewer plastic bags ending up in landfill or our environment where they will never biodegrade, just break up into smaller and smaller pieces

Commit to keep food scrap out of landfill



How to make it happen

1. Determine the best [compost system](#) for your situation and set it up – do you have the space for a garden compost heap, worm farm, or perhaps a small bokashi system?
2. Set up a bench top bin for food waste, so it is easy to collect food scraps as you're going. Empty this bench top bin into your compost system every few days.
3. Take some time to tend to your compost system as required.

What this will achieve

- Less food waste ending up in landfill, reducing the amount of methane released into the atmosphere
- Valuable soil conditioner for your plants and garden
- Save money on store bought fertiliser and soil

Quit plastic cling wrap



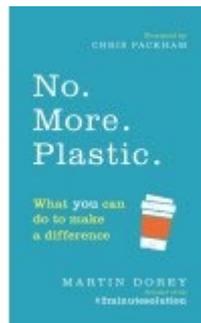
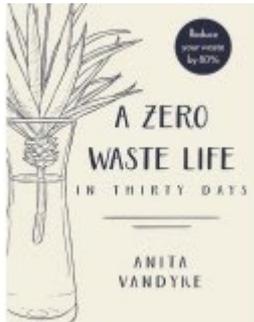
How to make it happen

1. Work out what you're using cling wrap for – is it to cover plates and bowls, store cut up fruit and veggies, or wrap sandwiches and wraps?
2. Equip yourself with reusable alternatives – use [reusable food wraps and covers](#) or another plate to cover plates and bowls, use a beeswax wrap or sandwich pouch to contain sandwiches and wraps, and use a baking dish with a lid so your food can go from the oven to the fridge.
3. Vow never to buy cling wrap again! If it's not in your home, it's not a temptation.

What this will achieve

- Reduce plastic waste and production

Read 3 sustainable living books throughout the year



How to make it happen

1. Visit your local library, borrow from a friend or browse <https://www.biome.com.au/194-green-books>
2. Set aside some time each day or week to read – take a sustainable living book with you on holidays, on the bus or train, or keep one on your bedside table to read before going to sleep

What this will achieve

- Expand your sustainable living knowledge base
- Learn new ways to live more gently on our planet
- Develop mindfulness
- Help you to take time for yourself and relax

Together our individual actions make big changes in 2019!

Kindly,

Felicity Maher

Sustainability Coordinator

