

I'M DREAMING OF A

Green Christmas

XMAS EDITION

TIPS & TRICKS FOR AN ECO FRIENDLY HOLIDAY SEASON!

**NO
TO
PLASTIC**

**REDUCE
REUSE
RECYCLE**

#CKFUTURES

#LESSWASTE

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CK Futures

CONNECTING
PEOPLE,
CLIMATE
&
THE
ENVIRONMENT

Charlton Kings Parish Council

THIS YEAR - MAKE CHRISTMAS ABOUT THE EXPERIENCE: A CELEBRATION WHERE PEOPLE SEE EACH OTHER (HOWEVER THAT MAY BE POSSIBLE) TO ENJOY EACH OTHER'S COMPANY - SHARE FOOD AND BE MERRY!

CK FUTURES & MULTIVAX ARE HERE TO HELP YOU CELEBRATE THE HOLIDAY SEASON IN A SUSTAINABLE WAY.

WHY NOT SPEAK WITH FRIENDS AND FAMILY AND START THE CONVERSATION ABOUT WHAT CHANGES YOU CAN MAKE AT THE END OF 2020 TO SET UP 2021 TO BE THE YEAR WE START TO DO OUR BIT TO SAVE OUR PLANET.

INSIDE THIS BOOKLET YOU WILL FIND HINTS, TIPS & TRICKS ON HOW YOU CAN MAKE A DIFFERENCE THIS YEAR TO HELP OUR ENVIRONMENT. SHARE YOUR CELEBRATIONS WITH US ON SOCIAL MEDIA AND SHOW US THE CHANGES YOU'RE MAKING FOR THE BETTER THIS YEAR!



**LET'S NOT WRAP THE WORLD IN PLASTIC THIS YEAR.
THE WORLD IS IN OUR HANDS.**



Lush Leftovers

MAKE CHRISTMAS FOOD ABOUT THE QUALITY AND EXPERIENCE, NOT THE QUANTITY - WITHOUT BREAKING THE BANK AND DOING DAMAGE TO OUR PLANET!

IN THE UK WE WASTE THE EQUIVALENT OF MORE THAN 4M CHRISTMAS MEALS, INCLUDING 17.2M SPROUTS, ALMOST 12M CARROTS, UNTOLD NUMBERS OF POTATOES AND SOMEWHERE IN THE REGION OF 7.4M MINCE PIES.

PLAN YOUR CHRISTMAS MEALS AHEAD. WRITE A SHOPPING LIST AND SORT OUT YOUR FREEZER BEFORE GOING FOR YOUR FOOD SHOP.

TRY COMPOSTING YOUR FRUIT AND VEG PEELINGS.

MAKE USE OF YOUR LEFTOVERS, USING WEBSITES SUCH AS BBC'S GOODFOOD LEFTOVER RECIPES AND LOVE FOOD, HATE WASTE FOR IDEAS.

TRY AND MAKE FOOD FROM SCRATCH - USING UP CUPBOARD SUPPLIES.

ATTEMPT TO AVOID TOO MUCH PACKAGING WHEN FOOD SHOPPING - TRY AND FIND YOUR LOCAL REFILL STORE AND TAKE JARS AND BOTTLES!

ON THE NEXT PAGE WE HAVE SOME SCRUMPTIOUS RECIPES TO USE OF SOME OF THOSE LEFTOVERS!

TOP TIP!
DON'T OVER BUY FOOD - LESS IS MORE IF YOU COOK RIGHT!

USE YOUR FREEZER TO ITS FULL POTENTIAL TOO!

GOT LEFTOVER GINGERBREAD? MAKE PANCAKES!



INGREDIENTS

135G/4¾OZ PLAIN FLOUR
1/4 CUP OF LEFTOVER GINGERBREAD (BLITZED IN FOOD PROCESSOR TO FINE CRUMB)
1 TSP BAKING POWDER
½ TSP SALT
2 TBSP CASTER SUGAR
130ML/4½ FL OZ MILK
1 LARGE EGG, LIGHTLY BEATEN
2 TBSP MELTED BUTTER (ALLOWED TO COOL SLIGHTLY) OR OLIVE OIL, PLUS EXTRA FOR COOKING

METHOD

SIFT THE FLOUR, BAKING POWDER, SALT BLITZED LEFTOVER GINGERBREAD AND CASTER SUGAR INTO A LARGE BOWL. IN A SEPARATE BOWL OR JUG, LIGHTLY WHISK TOGETHER THE MILK AND EGG, THEN WHISK IN THE MELTED BUTTER.

POUR THE MILK MIXTURE INTO THE FLOUR MIXTURE AND, USING A FORK, BEAT UNTIL YOU HAVE A SMOOTH BATTER. ANY LUMPS WILL SOON DISAPPEAR WITH A LITTLE MIXING. LET THE BATTER STAND FOR A FEW MINUTES. HEAT A NON-STICK FRYING PAN OVER A MEDIUM HEAT AND ADD A KNOB OF BUTTER. WHEN IT'S MELTED, ADD A LADLE OF BATTER (OR TWO IF YOUR FRYING PAN IS BIG ENOUGH TO COOK TWO PANCAKES AT THE SAME TIME). IT WILL SEEM VERY THICK BUT THIS IS HOW IT SHOULD BE.

WAIT UNTIL THE TOP OF THE PANCAKE BEGINS TO BUBBLE, THEN TURN IT OVER AND COOK UNTIL BOTH SIDES ARE GOLDEN BROWN AND THE PANCAKE HAS RISEN TO ABOUT 1CM/½IN THICK. REPEAT UNTIL ALL THE BATTER IS USED UP. YOU CAN KEEP THE PANCAKES WARM IN A LOW OVEN, BUT THEY TASTE BEST FRESH OUT THE PAN.



Boxing day / leftover menu

LEFTOVERS BUBBLE & SQUEAK!

METHOD

STEP 1 - PEEL THE POTATO AND PARSNIP, GRAB A BOWL AND GRATE THEM BOTH INTO IT. GRATE OR FINELY SLICE THE SPROUTS AND CHUCK THEM INTO THE BOWL TOO. PUT THE VEG IN A SIEVE AND SQUEEZE OUT AS MUCH LIQUID AS YOU CAN. RETURN THE MIXTURE TO THE BOWL AND CRACK IN THE EGG. MIX AND SEASON, THEN ADD YOUR ROSEMARY AND GARLIC

STEP 2 - NOW IT'S TIME TO GET YOUR HANDS MESSY. SHAPE THE MIXTURE INTO THREE RÖSTI PATTIES, EQUAL IN THICKNESS. PUT IT IN A PAN WITH THE GRAVY ON A LOW HEAT AND SIMMER UNTIL VEG IS SOFT. HEAT THE COCONUT OIL IN A SEPARATE FRYING PAN. COOK THE RÖSTIS FOR 3 MINS EACH SIDE UNTIL GOLDEN BROWN, THEN PUT THEM ON A PLATE, LAYER WITH ANY LEFTOVER MEATS OR VEG SUBSTITUTE AND ADD A DOLLOP OF CRANBERRY SAUCE ON TOP.



1 MEDIUM PARSNIP
1 MEDIUM POTATO
HANDFUL BRUSSELS SPROUTS
1 EGG
1 ROSEMARY SPRIG,
LEAVES PICKED AND CHOPPED
1 GARLIC CLOVE, CRUSHED
100G COOKED TURKEY
2 TBSP LEFTOVER GRAVY
1 TBSP COCONUT OIL
LEFTOVER MEATS OR VEG
SUBSTITUTE (WARMED TO CORRECT
TEMPERATURE - OPTIONAL)
CRANBERRY SAUCE, TO SERVE

STILTON & CRANBERRY TOASTIE

2 SLICES WHITE BLOOMER BREAD
LARGE KNOB SOFTENED BUTTER
50G CRUMBLLED STILTON
1 SPRING ONION, SLICED
1-2 TBSP CRANBERRY JELLY
(ANY LEFTOVER CHEESE OR CHUTNEY
WILL WORK - GO CRAZY WITH
TOPPINGS IF YOU HAVE MEATS LEFT
TOO!)



BUTTER BOTH SLICES OF THE BLOOMER. MAKE INTO A SANDWICH WITH THE STILTON, SPRING ONION AND CRANBERRY JELLY, KEEPING THE BUTTER ON THE OUTSIDE OF THE BREAD. FRY IN A NON-STICK GRIDDLE OR FRYING PAN FOR 3-4 MINS ON EACH SIDE. KEEP THE HEAT GENTLE SO THE CHEESE MELTS SLOWLY AS THE BREAD BECOMES GOLDEN AND CRUNCHY. SERVE WARM.

CHRISTMAS PUDDING ICE CREAM



1 LITRE TUB VANILLA ICE CREAM, SLIGHTLY SOFTENED
200G LEFTOVER CHRISTMAS PUDDING, CRUMBLLED
TOFFEE SAUCE OR AMARETTO, TO SERVE



WHIZZ THE ICE CREAM IN A FOOD PROCESSOR UNTIL SMOOTH, FOLD IN THE CHRISTMAS PUDDING AND SCRAPE INTO A FREEZER-PROOF CONTAINER. FREEZE FOR AT LEAST 2 HRS THEN SCOOP INTO BOWLS AND TOP WITH THE TOFFEE SAUCE OR AMARETTO.

DO YOU HAVE ANY LEFTOVER RECIPES TO SHARE?
WE WOULD LOVE TO HEAR THEM!
SHARE THEM WITH US ON SOCIAL MEDIA SO
EVERYONE CAN SEE!



Jump in!



95% OF CHRISTMAS JUMPERS EXPECTED TO BE SOLD IN THE UK THIS YEAR ARE MADE WITH PLASTIC, 12 MILLION NEW JUMPERS GET BOUGHT EACH YEAR EVEN THOUGH IN THE UK PEOPLE ALREADY OWN OVER 65 MILLION FROM PREVIOUS YEARS.

WHY NOT MAKE A CHRISTMAS JUMPER THAT LASTS FOR LIFE AND DOESN'T STAY THE SAME EACH YEAR?

STENCIL YOUR DESIGN ON CARD - COLOUR AND CUT OUT CAREFULLY AND SAFETY PIN ONTO YOUR FAVOURITE JUMPER!

RECYCLE THE CARD WHEN CHRISTMAS IS OVER AND DESIGN A NEW ONE FOR NEXT YEAR OR SAVE YOUR DESIGNS TO REUSE!

DRAW UP A DESIGN FOR YOUR JUMPER! WE HAVE SOME IDEAS ON THE NEXT PAGE TO GET YOU STARTED!

CHECK WHEN CHRISTMAS JUMPER DAY IS EACH YEAR AND RAISE MONEY FOR SAVE THE CHILDREN!



Some designs to get you started

I ONLY DO MORNINGS ON THE 25TH DECEMBER



HAVE AN ICE CHRISTMAS!



THE SNOW MUST GO ON!

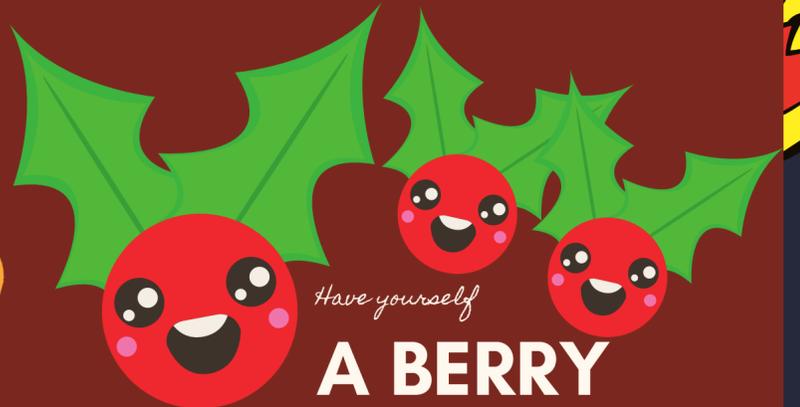


All I want for CHRISTMAS is YULE!

ALL FIRED UP FOR CHRISTMAS



HAVE A PURRFECT CHRISTMAS!



Have yourself

A BERRY LITTLE CHRISTMAS!

SPEAKING OF THINGS THAT CAN BE USED AGAIN AND AGAIN - WHY NOT MAKE YOUR OWN REUSABLE CRACKERS?

SAVE THOSE LOO ROLLS AND WRAP IN BROWN PAPER (WITH A DESIGN OF YOUR OWN TO DECORATE) OR USE AN OLD FESTIVE NAPKIN OR PIECE OF FABRIC!

GET OUT YOUR OLD JOKE BOOK AND PEN - IT'S TIME TO MAKE SOME FESTIVE FUN! FILL YOUR CRACKERS WITH SUSTAINABLE TREATS AND MAKE A HAT FROM PAPER TO BE RECYCLED!

POP THE GOODIES IN THE LOO ROLL AND WRAP IN YOUR CLOTH OR PAPER OF CHOICE TIE EACH END WITH STRING - WHEN THE TIME COMES TO OPEN THEM - SIMPLY UNTIE THEM! THEY WON'T SNAP, BUT THEY WILL LAST FOR YEARS!



That's a wrap!

USE BROWN PAPER, WHICH CAN LOOK REALLY TRADITIONAL - BUT ALSO PERFECT AS SUSTAINABLE CHRISTMAS WRAPPING PAPER. YOU CAN ALSO CREATE A DESIGN USING A STAMP (WHICH CAN BE USED AGAIN AND AGAIN)

OR

YOU CAN USE NORMAL WRAPPING PAPER TOO, JUST CHECK THE LABEL FOR THE RECYCLING LOGO FIRST.

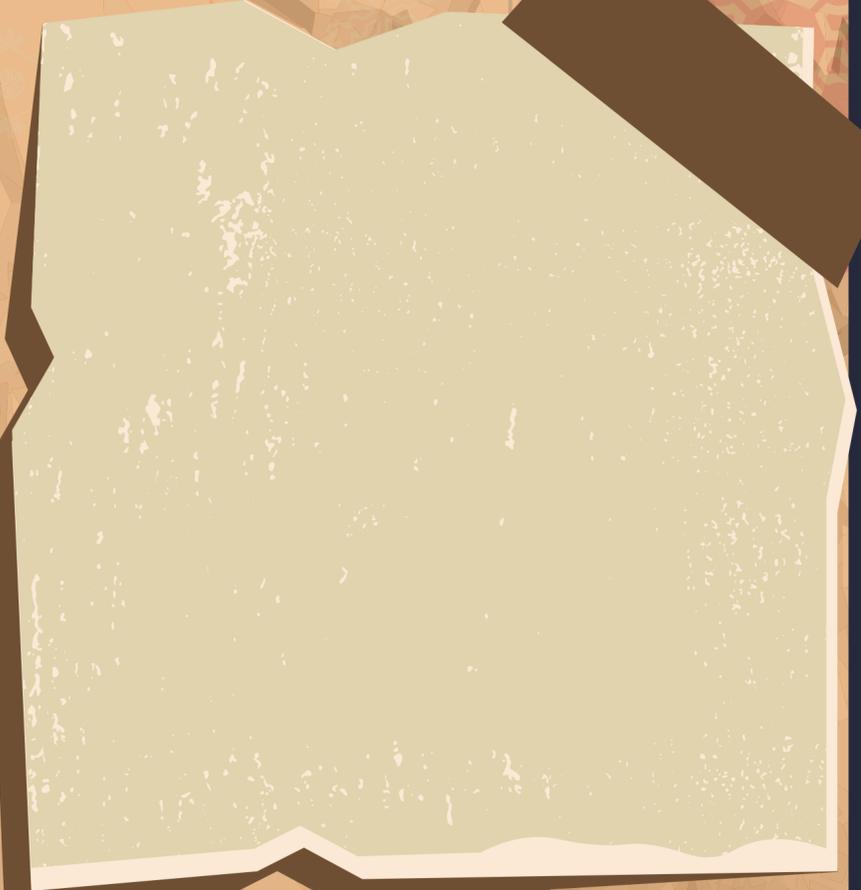
THE UK WILL USE 227,000 MILES OF WRAPPING PAPER EACH YEAR - OVER 83KM2 OF THIS WILL END UP IN OUR BINS

BUT WHAT ABOUT PRESSIES!

WE HAVE GOT YOU COVERED THERE TOO! A HOMEMADE GIFT GOES SO MUCH FURTHER THAN ONE BOUGHT AT A SHOP - SO GET YOUR THINKING CAP ON!

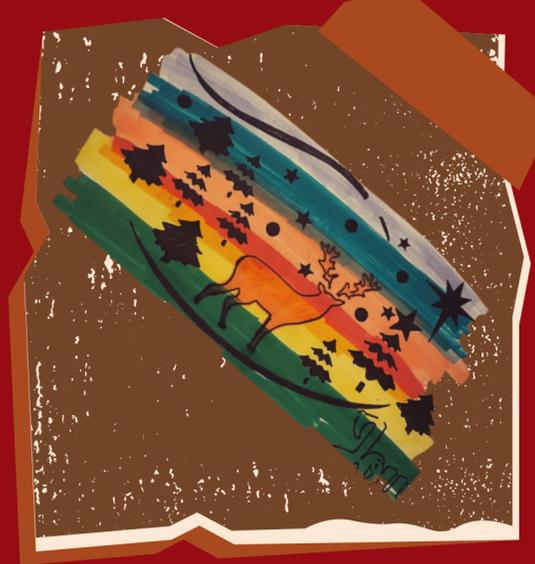
GET RID OF PACKAGING AND WRAPPING PAPER ALTOGETHER - GO FOR AN ALTERNATIVE GIFT - E.G. PLANT A TREE, ADOPT AN ANIMAL.

GO FOR A GIFT EXPERIENCE - E.G. THEATRE TICKETS, DAYS OUT, WINE TASTING. SEND AN E-CHRISTMAS CARD. USE A RE-USABLE GIFT BAG.



JOT DOWN SOME IDEAS FOR PRESENTS WITHOUT PLASTIC AND SEE WHAT YOU COME UP WITH!

A LITTLE INSPIRATION FOR YOUR RECYCLABLE WRAPPING PAPER!



SHARE YOUR DESIGNS WITH US ON SOCIAL MEDIA - WE'D LOVE TO SEE THEM!



An Advent wre!

16.5 MILLION ADVENT CALENDERS CONTAINING SINGLE-USE PLASTICS ARE IN CIRCULATION THIS YEAR, ENOUGH TO STRETCH FROM LONDON TO THE NORTH POLE!

SO THIS YEAR - HAVE A DIFFERENT ADVENT AND RECONNECT WITH THE MEANING OF ADVENT - HOPE, LOVE, JOY & PEACE (WITH EACH ONE REPRESENTING THE 4 SUNDAYS LEADING UP TO CHRISTMAS)

CONSIDER A CALENDER OF KINDNESS? INSTEAD OF A PLASTIC FILLED CALENDER - WHY NOT MAKE YOUR OWN?

YOU COULD CONSIDER DOING SOME GOOD THIS YEAR AND MAKE ONE THAT HAS YOU PERFORMING SMALL ACTS OF KINDNESS (LEAVING A MINCE PIE FOR THE POSTMAN OR WOMAN) OR GIVING SOME MONEY TO CHARITY/DONATING TO A FOODBANK?

OR MAYBE MAKE ONE WHERE EACH DAY HAS ONE OF YOUR FAVOURITE CHRISTMAS SONGS BEHIND IT? OPEN UP THE DOOR AND POP ON THE SONG AS YOUR GETTING READY FOR THE DAY?

WHAT IDEAS DO YOU HAVE FOR A HOMEMADE ADVENT CALENDER THAT DOESN'T INVOLVE PLASTIC?



ADVENT CANDLES HAVE ALWAYS BEEN A LONG STANDING TRADITION TO MARK THE PASSING OF THE SEASON.

SAVE SOME OF YOUR GLASS BOTTLES - CLEAN THEM AND FILL WITH WATER AND SOME SPRIGS OF GREENERY (MAKING SURE THEY ARE COVERED WITH THE WATER)

LABEL YOUR BOTTLES 1,2,3 & 4 (FOR EACH WEEK OF ADVENT)

PUSH YOUR PILLAR CANDLES INTO THE BOTTLES OPENINGS (IF YOU NEED TO, USE A KNIFE TO TRIM THE CANDLE ENDS SO THEY FIT)

BE SURE TO LIGHT THE CANDLES EACH DAY FOR A LITTLE WHILE AND HAVE A MOMENT TO YOURSELF TO THINK. READ A BOOK, LISTEN TO SOME MUSIC - TAKE THE TIME TO THINK GOOD THINGS AS YOU EMBRACE THE FESTIVE SEASON.

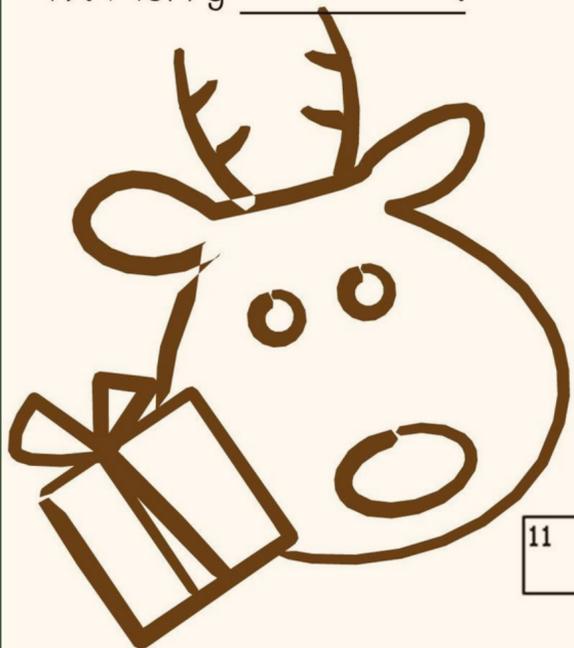
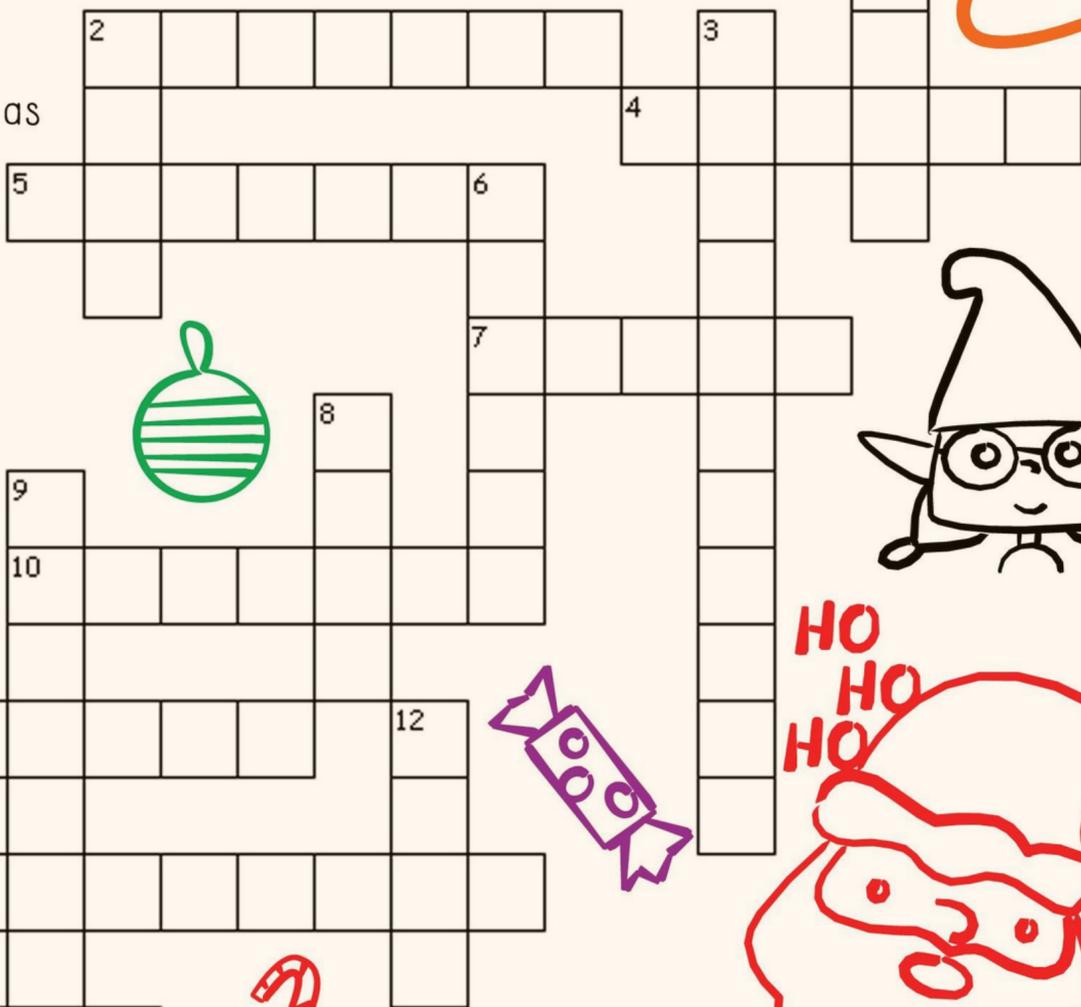
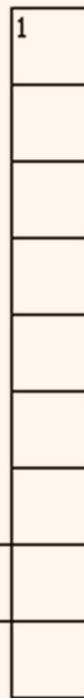


A well earned break!

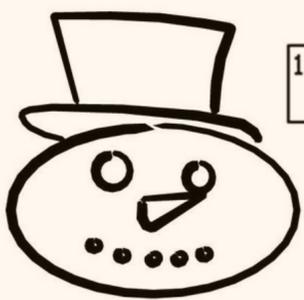
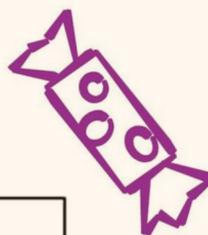


Across

- 2. Frosty the _____
- 4. _____ bells
- 5. Snack for Santa
- 7. Toy makers
- 10. Red nosed reindeer
- 11. He's making a list and checking it twice
- 13. Dasher, Dancer, Prancer
- 15. Decorate your door
- 16. Nutcracker Fairy
- 18. He tried to steal Christmas
- 19. Merry _____ !

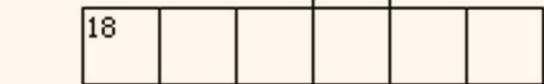


HO
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HO



Down

- 1. Hang them by the chimney
- 2. Dashing through the _____
- 3. Cookie building material
- 6. Santa's ride
- 8. Serve with cookies
- 9. Pretty balls to hang on the tree
- 12. Where you'll find your gifts
- 14. Wrapped packages
- 17. They twinkle on the tree



Credit to Chickenscratchny



LET'S NOT WRAP OUR PLANET IN PLASTIC THIS CHRISTMAS

HERE'S SOME WAYS HOW YOU CAN DO YOUR BIT!

SAVE *the* PLANET

NO TO PLASTIC

LAST YEAR, OVER 7 MILLION CHRISTMAS TREES WENT TO LANDFILL, PRODUCING 100,000 TONNES OF GREENHOUSE GAS - WHEN THEY COULD HAVE BEEN RECYCLED...



THOUGH FAKE TREES CAN LAST FOR YEARS - THEY ARE MADE OF PLASTIC - TRY AND FIND A SECOND HAND ONE AND REUSE IT FOR YEARS!

IF YOU BUY A REAL TREE - MAKE SURE TO SIGN UP TO GET IT COLLECTED BY YOUR LOCAL COUNCIL - IT CAN BE SHREDDED AND USED AS CHIPPINGS FOR LOCAL PARKS IN YOUR AREA!

YOU CAN TRY AND RENT A TREE THAT CAN BE REPLANTED BY THE FARM AND USED AGAIN NEXT YEAR!

ROYAL MAIL DELIVER AROUND 150 MILLION CARDS ALL AROUND THE COUNTRY OVER THE FESTIVE PERIOD. THE MAJORITY OF THESE WILL BE THROWN AWAY ONCE CHRISTMAS IS OVER, CAUSING A HUGE AMOUNT OF ENVIRONMENTAL WASTE.

WHY NOT DONATE TO CHARITY THIS YEAR INSTEAD OF SENDING CARDS?

YOU COULD SEND AN E-CARD INSTEAD?

SEND A VOICE GREETING OR A SHORT HOLIDAY VIDEO
WRITE A LETTER

SEND AN ELECTRONIC NEWSLETTER

PICK UP THE PHONE

BUY ECO-FRIENDLY CARDS
PURCHASE CARDS THAT SUPPORT A CAUSE

REUSE LAST YEAR'S CARDS AND MAKE NEW!

CHOOSE TO REUSE

125,000 TONNES OF PLASTIC PACKAGING ARE GENERATED AT CHRISTMAS TIME, WITH ADVENT CALENDAR TRAYS AND PLASTIC PACKAGING FOR TOYS BEING THE WORST CULPRITS.



SHOP AT A CHARITY SHOP - ADDING TO THE CIRCULAR ECONOMY IDEA OF REUSE

TEACH KIDS ABOUT KINDNESS WITH A HOMEMADE ACT OF KINDNESS ADVENT CALENDER AND DO SOME GOOD THIS CHRISTMAS!

BOOKS DON'T GO A MISS! PURCHASE A BOOK FROM A LOCAL SELLER!

BUY LESS PLASTIC TOYS AND GIFTS - SEARCH FOR ECO FRIENDLY ALTERNATIVES!



USE WHAT YOU HAVE

4.2 MILLION CHRISTMAS DINNERS, WHICH INCLUDES 17.2 MILLION SPROUTS - ARE WASTED EACH YEAR. RECYCLING THE SPROUTS ALONE WOULD PRODUCE ENOUGH ENERGY TO POWER A HOME FOR 3 YEARS.

REDUCE REUSE RECYCLE

DONATE FOOD TO A LOCAL FOOD BANK THIS CHRISTMAS TO HELP THOSE IN NEED



DON'T OVERBUY FOOD - MAKE THE EFFORT TO CONCENTRATE ON QUALITY AND NOT QUANTITY

MAKE AN EFFORT TO FREEZE AND USE LEFTOVERS

COMPOST WASTE AND RECYCLE PACKAGING

Embrace nature this season!

BRING A BIT OF YOUR FAMILY HISTORY TO LIFE BY REUSING TREE DECORATIONS FROM YOUR CHILDHOOD, IF YOU CAN. ALTERNATIVELY, CHECK OUT WHAT PRE-LOVED DECORATIONS ARE GOING ON WEBSITES LIKE FREecycle, FACEBOOK MARKETPLACE AND EBAY.

SLICES OF CITRUS FRUIT, DRIED IN A LOW OVEN ON A NON-STICK TRAY FOR 2-3 HOURS, LOOK LOVELY HUNG UP WITH RIBBONS. WITH A LITTLE IMAGINATION, YOU CAN MAKE YOUR TREE LOOK MAGICAL WITHOUT SPENDING A SMALL FORTUNE ON SHINY PLASTIC. THE GO-TO 1980S CHRISTMAS DECORATION OF TINSEL IS NOT A GREAT OPTION, ENVIRONMENTALLY. USE IT IF YOU HAVE IT ALREADY AND SAVE IT FROM LANDFILL BUT TRY AND AVOID BUYING ANY NEW.

BY USING SUSTAINABLE CHRISTMAS DECORATIONS YOU'RE HELPING TO REDUCE WASTE AND IMPROVE YOUR CARBON FOOTPRINT - SAVING YOUR WALLET AND STILL ENDING UP WITH SOME BEAUTIFUL DECORATIONS.

AS FOR LIGHTS, THANKFULLY MOST ARE LED NOW - WHICH IS BETTER FOR EVERYONE.

CONSIDER BRINGING NATURE INTO YOUR HOME THIS SEASON AS DECORATION!

GO FOR A WALK OR VISIT YOUR LOCAL GARDEN CENTRE AND FIND CUTTINGS OF DIFFERENT FOLIAGE.



DO SOMETHING GOOD FOR OUR WILDLIFE THIS FESTIVE SEASON TOO! WINTER CAN BE TOUGH FOR OUR WILDLIFE TOO!

PUT OUT BIRD FEED FOR THOSE IN YOUR GARDEN AND TO ATTRACT OTHERS!

TO HELP SQUIRRELS SURVIVE THE COLDEST TIMES OF YEAR OFFER NUTS SUCH AS HAZELNUTS, WALNUTS AND ALMONDS, PLUS SOME CHOPPED APPLE, BEANS, CARROTS OR SPINACH.

FOOD AND FRESH WATER WILL ENCOURAGE HEDGEHOGS TO RETURN. LEAVE OUT FOODS LIKE TINNED DOG OR CAT FOOD (NOT FISH-BASED) AND CRUSHED DOG OR CAT BISCUITS.



TABLE GARLAND

GATHER GREENERY OF YOUR CHOICE AND LAY LENGTHWAYS ALONG THE CENTRE OF YOUR TABLE. CUT SHORT PIECES OF STRING TO TIE THE STEMS TOGETHER. PLACE SOME PINECONES IN AMONGST IT AND ARRANGE THE GARLAND IN A WAVY LINE.

IN EACH DIP OF THE WAVE - REUSE YOUR ADVENT CANDLE BOTTLE HOLDERS AND REPLACE WITH NEW CANDLES.

DECORATE YOUR GARLAND WITH ANY OTHER GREEN GOODIES YOU LIKE!



After all...

RECIPES CAN BE MADE LITTLE ELF SAFE BY REMOVING THE ALCOHOL! THEY STILL TASTE GREAT!

MULLED CIDER

DRY CIDER 1 LITRE
BROWN SUGAR 2 TBSP
CLOVES 4
ALLSPICE BERRIES 4
CINNAMON STICKS 2
DARK RUM 6 TBSP

METHOD

STEP 1 - GENTLY HEAT 1 LITRE DRY CIDER, 2 TBSP BROWN SUGAR, 4 CLOVES, 4 ALLSPICE BERRIES, 2 CINNAMON STICKS AND 6 TBSP DARK RUM IN A PAN UNTIL THE SUGAR DISSOLVES.

STEP 2 - POUR INTO GLASSES AND DECORATE WITH CINNAMON STICKS.

MULLED HOT CHOCOLATE

300ML RED WINE
1 CINNAMON STICKS
2 STAR ANISE
4 CLOVES
2 TBSP DEMERARA SUGAR OR HONEY
500 ML WHOLE MILK
150 GRAMS DARK CHOCOLATE CHIPS OR DARK CHOCOLATE

METHOD

STEP 1 - POUR THE RED WINE INTO A PAN AND ADD THE CINNAMON STICK, STAR ANISE, CLOVES AND DEMERARA SUGAR OR HONEY. HEAT GENTLY AND SIMMER FOR 10 MINUTES.

STEP 2 - IN A SEPARATE PAN, HEAT THE MILK, THEN GRADUALLY WHISK IN THE DARK CHOCOLATE. STRAIN THE RED WINE INTO THE CHOCOLATE PAN AND STIR.

STEP 3 - SERVE IN SMALL GLASSES OR CUPS WITH EXTRA CINNAMON STICK STIRRERS.

375G READY ROLLED PUFF PASTRY SHEET
1 EGG
50G GRATED CHEDDAR CHEESE

MARSHMALLOWS AND CREAM OPTIONAL!

A GREAT WAY TO USE UP THAT LEFTOVER WINE!

PUFF PASTRY STARS

PREHEAT THE OVEN TO 180C AND LINE A BAKING SHEET WITH GREASEPROOF PAPER.

ROLL OUT THE PUFF PASTRY SHEET ONTO A FLOURED SURFACE. USE A STAR SHAPED COOKIE CUTTER TO CUT OUT INDIVIDUAL PASTRY PIECES AND PLACE THEM ON THE BAKING SHEET.

USING THE EGG, APPLY A THIN LAYER OF EGG WASH TO THE TOP OF EACH PASTY STAR AND THEN TOP WITH A LITTLE CHEESE.

BAKE IN THE OVEN FOR 10-12 MINUTES UNTIL THE STARS ARE GOLDEN.

PLEASE DRINK RESPONSIBLY

THE PERFECT SNACK TO ACCOMPANY YOUR DRINKS - WHILST USING UP ANY LEFTOVER PASTRY OR CHEESE!



In difficult times

This years festivities are definitely going to be different to others what with all that 2020 has brought about.

But all hope is not lost, some old traditions can be updated to fit the world we live in today.

Communities will need to come together, now more than ever, to help support one another in these difficult times - below are a couple of ideas you can suggest that encourage recycling and, we are sure, will bring joy to someone this Christmas!



DRAW A ROUTE SO THAT THE CAROLERS SEE ALL THE DECORATED WINDOWS AND COLLECT MINCE SUPPLIES TO DELIVER!



● ○ ○ ○ ○ **FESTIVE WINDOW GREETINGS** ○ ○ ○ ○ ●

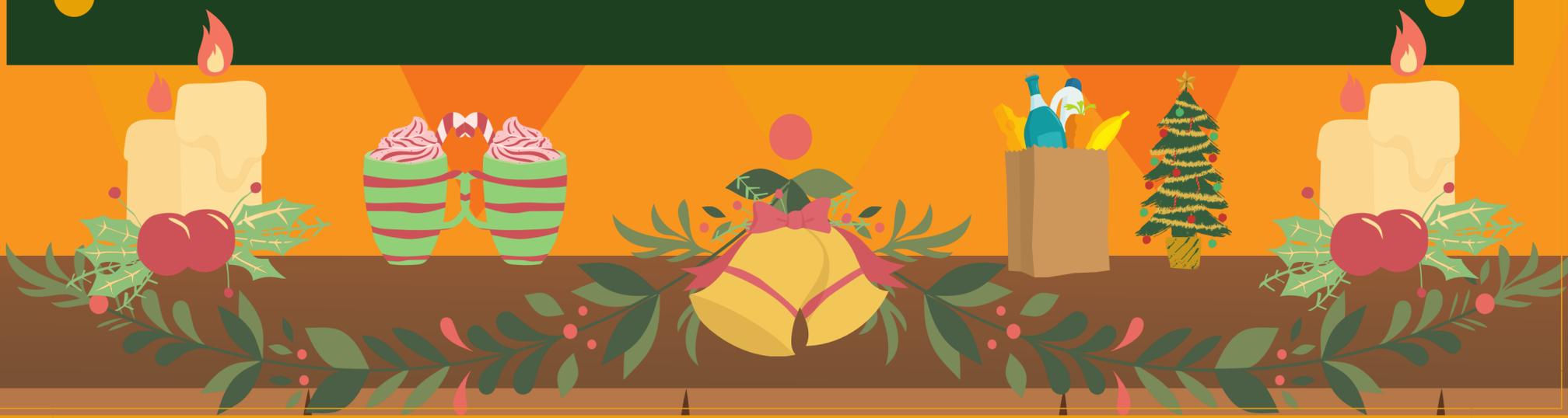
ENGAGE IN A BIT OF HEALTHY COMPETITION WITH OTHERS IN YOUR COMMUNITY BY MAKING YOUR OWN CHRISTMAS WINDOW GREETING. RE-USE CARDBOARD FROM A DELIVERY BOX TO CREATE A FIRM BACKING FOR YOUR DESIGN, DECORATE WITH WHATEVER YOU'VE GOT IN THE HOUSE AND PUT A SMILE ON THE FACES OF PASSERSBY.



SOCIALLY-DISTANCED CAROLS

MUSIC IS A MASSIVE PART OF CHRISTMAS, BUT THIS YEAR WE'RE GOING TO HAVE TO GET INVENTIVE TO ENSURE WE'RE ROCKIN' AROUND THE CHRISTMAS TREE SAFELY. SO WHY NOT RALLY YOUR NEIGHBOURS AND ORGANISE A SOCIALLY-DISTANCED SINGALONG?

EACH HOUSEHOLD CAN STAND AT THEIR WINDOW, DOORSTEP OR BALCONY (WITH A TIPPLE OF THEIR CHOICE) AND ORGANISERS CAN PROVIDE BACKING TRACKS ON THEIR PHONE OR MINI SPEAKER, IF AVAILABLE. IT'S A GREAT WAY OF GETTING PEOPLE IN THE FESTIVE MOOD AND INCLUDING THOSE WHO USUALLY SUFFER FROM LONELINESS AT THIS TIME OF YEAR.



I'M DREAMING OF A

Green Christmas



Multivax is a theatre , podcast and creative company - exploring creating community through stortytelling and creativity



CK Futures is a working group that makes up part of Charlton Kings Parish Council. The group aim to tackle climate issues within their local area.

HAVE A VERY MERRY CHRISTMAS - FROM MULTIVAX AND CK FUTURES! SEE YOU FOR OUR NEW YEAR EDITION!

Don't forget - if you print me off - recycle me!

#CKFUTURES

#LESSWASTE