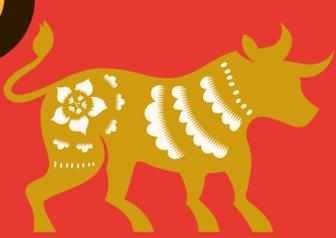






*Happy  
Chinese New Year  
2021!*



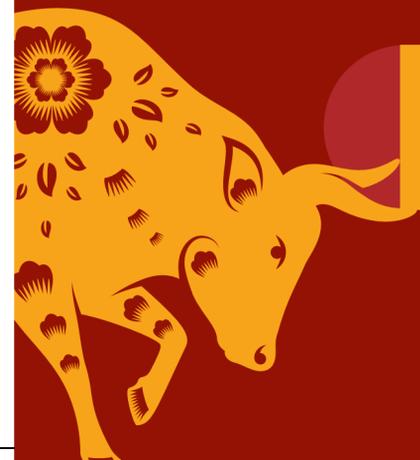
**THIS YEAR - MAKE CHINESE NEW YEAR ABOUT THE EXPERIENCE: A CELEBRATION WHERE PEOPLE SEE EACH OTHER (HOWEVER THAT MAY BE POSSIBLE) SHARE THE FORTUNE OF THE SEASON AND PREPARE FOR A PROSPEROUS YEAR AHEAD!**

**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 THIS TIME THAT WILL STICK FOR THE YEARS TO COME.**

**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!  
EVERYONE AT MULTIVAX & CK FUTURES WISHES YOU A HAPPY NEW YEAR!**

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



# SET THE STAGE!

## HAVING A GOOD CLEAR OUT - AS IS TRADITION

ONE MAN'S TRASH IS ANOTHER MAN'S TREASURE; FIND NEW HOMES FOR YOUR STUFF. THERE ARE PLENTY OF PLACES TO DONATE TOO, GIVE AWAY FOR FREE, SELL OR EVENT RECYCLE YOUR ITEMS. FROM CLOTHES, FURNITURE, ELECTRONICS, TOYS, BOOKS YOU NAME IT THERE IS MOST LIKELY A PLACE TO DISPOSE OF IT PROPERLY. YES IT MAY TAKE A LITTLE MORE EFFORT, BUT IT IS WORTH FOR THE PLANET AND FOR THOSE COMMUNITIES WHO MIGHT BE LESS FORTUNATE THAN YOU.

## ECO FRIENDLY SURFACE CLEANER

GATHER ORANGE PEELS FROM 5-6 ORANGES AND SOME WHITE VINEGAR.

TOSS THE ORANGE PEELS INTO A MASON JAR AND FILL IT WITH WHITE VINEGAR.

LET IT SOAK AND SIT IN A DARK AND COOL PLACE FOR 2 WEEKS. SHAKE IT GENTLY ONCE IN A WHILE DURING THIS PERIOD.

FILL AN EMPTY SPRAY BOTTLE WITH 1 PART OF THE CONCOCTION AND 2 PARTS WATER.

NOW YOU'RE READY TO CLEAN EVERYTHING FROM YOUR COUNTERTOPS AND WINDOWS, TO YOUR FLOORS AND BATHROOM\*. THIS WAY, YOU'RE NOT ONLY UTILIZING THE ORANGES TO ITS FULLEST, BUT YOU'RE ALSO SAVING THE COST OF BUYING CLEANING SOLUTIONS WHICH MAY BE HARMFUL FOR THE ENVIRONMENT.

\*DO TEST OUT THE SOLUTION ON SMALL AREAS OF YOUR FURNITURE BEFORE CLEANING IT ENTIRELY.



IN CHINESE CULTURE, THE FINAL DAY OF THE LUNAR NEW YEAR IS LANTERN FESTIVAL. THIS INVOLVES LOOKING AT DISPLAYS OF HUGE, ILLUMINATED LANTERNS THAT ARE MORE LIKE SCULPTURES ARRANGED IN SCENES. TRY MAKING HOMEMADE LANTERNS FOR A FUN ACTIVITY, BUT KEEP THEM HANGING AS DECORATIONS RATHER THAN RELEASING THEM OUTDOORS AS THEY CAN END UP AS LITTER SOMEWHERE WHEN THEY FALL. EVEN IF THE PAPER IS BIODEGRADABLE, THE WIREFRAMES CAN STILL HARM WILDLIFE. PEOPLE ALSO SOLVE RIDDLES ON THIS DAY - TRY THIS AS AN ALTERNATIVE ACTIVITY TO SETTING OFF PAPER LANTERNS.

ANSWERS ON BACK COVER!

1)WHAT BELONGS TO YOU BUT OTHERS USE IT MORE THAN YOU DO?

属于你，但他人却比你更常使用它。

2)IT WORKS HARD ALL ITS LIFE, COUNTING NUMBERS DAY AND NIGHT, BUT NEVER GETS PAST 12. WHAT IS IT?  
终生努力工作，日夜数数，但从不超过12。

3)THEY LOOK LIKE TWIN BROTHERS, BOTH STURDY AND TALL. THEY WORK TOGETHER AND GO EVERYWHERE TOGETHER. BUT THEY ONLY GO NEAR SOLID FOOD AND DO NOT CARE FOR SOUP. WHO ARE THEY?

像双胞胎兄弟，一起工作，形影不离。只在乎固体食物，对汤类不感冒。

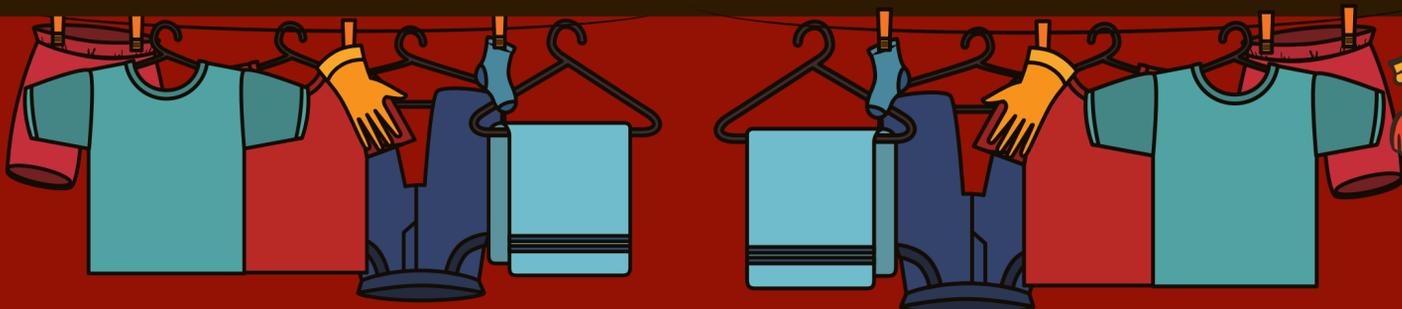
# MAKE AND DO



FROM DRAGON MASKS TO CHINESE PAPER LANTERNS - THE LINK BELOW HAS SOME GREAT, FREE RESOURCES TO GIVE YOU SOME IDEAS ON HOW YOU CAN RECYCLE SOME OLD CRAFT WARE YOU HAVE TO REALLY GET THE HOUSE IN THE FESTIVE SPIRIT!

[HTTPS://THETHRIFTYKIWI.COM/CHINESE-NEW-YEAR-DIY-DECORATIONS-KIDS-CRAFTS-FREE-PRINTABLES/](https://thethriftykiwi.com/chinese-new-year-diy-decorations-kids-crafts-free-printables/)

IT'S TRADITION TO WEAR NEW CLOTHES TO SYMBOLISE THE NEW BEGINNINGS THAT COME WITH THE YEAR: RED IS A LUCKY COLOUR TO WEAR AND AVOID BLACK OR WHITE GARMENTS. INSTEAD OF FORKING OUT FOR A WHOLE NEW OUTFIT, TRY SWAPPING, CUSTOMISING, BUYING SECOND-HAND OR REDISCOVERING NEW BUT UNWORN ITEMS IN THE BACK OF YOUR WARDROBE FOR A NEW YEAR'S LOOK WITHOUT THE PRICE TAG. OTHERWISE, SHOP SUSTAINABLE BRANDS



RECYCLE A PAPER PLATE INTO A DRAGON MASK! THE KIT YOU NEED IS ABOVE! ONCE USED, STORE IT AWAY TO USE EACH YEAR OR RECYCLE PROPERLY!



## REUSABLE HÓNGBĀO



RECEIVING HÓNGBĀOS IS SOMETHING THAT EVERY YOUNG PERSON LOOKS FORWARD TO EACH CHINESE NEW YEAR.

BUT IF YOU'RE THE ONE WHO'S STUCK WITH GIVING OUT HÓNGBĀOS THIS YEAR, OPT FOR SLOT-IN ONES INSTEAD OF THOSE THAT REQUIRE TAPE OR GLUE.

REMEMBER NOT TO WRITE ON THEM SO THEY CAN BE REUSED.

SIMPLY SAVE A SUITABLE RED PACKET OR ENVELOPE - MAKE A SMALL SLOT ON THE BACK FOR THE CLOSING FOLD TO SLOT INTO AND HEY PRESTO!

BE SURE TO DECORATE IT BEAUTIFULLY FOR THE RECIPIENT AND SAVE THEM AFTER TO USE FOR YEARS TO COME!

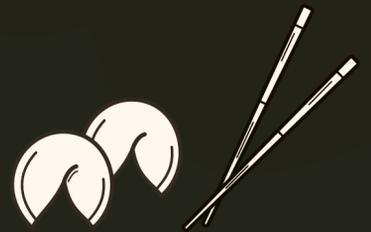
CONSIDER USING AN ELECTRIC CANDLE TO PLACE INSIDE YOUR LANTERN - THEY LAST LONGER THAN NORMAL CANDLES.  
WHY NOT COME UP WITH A STORY ABOUT YOUR DRAGON?  
WHAT IS THEIR NAME, WHAT MAGICAL POWER DO THEY HAVE? WHAT ADVENTURES HAVE THEY BEEN ON?



MAKE YOUR OWN CHINESE LANTERN! COLOUR IN YOUR DESIGN  
CUT SLITS ALONG THE DOTTED LINES  
GLUE PART A TO PART B  
WHY NOT MAKE YOUR OWN DESIGN? SHOW US YOUR LANTERNS ON SOCIAL MEDIA!  
DON'T USE A CANDLE TO LIGHT IT!  
ALWAYS GET AN ADULT TO HELP YOU!



# MENU



CHINESE NEW YEAR FEASTS ARE ALL ABOUT ABUNDANCE, WHICH MAKES LEFTOVERS SUCH AS CHICKEN CARCASSES, PRAWN SHELLS, FISH AND HAM BONES AND PORK RIBS VERY COMMON. INSTEAD OF BINNING THEM, THEY ARE SUPERB FOR BREWING STOCKS. YOU CAN ALSO SIMMER THEM TO INJECT FLAVOUR AND RICHNESS INTO PORRIDGE.

## MANDARIN MARMALADE! INGREDIENTS

2.2 KG MANDARIN ORANGES ABOUT 14-16 ORANGES  
800 G CASTER SUGAR  
5½ CUPS WATER 1375ML  
4 TBSP FRESH LEMON JUICE  
PEELS FROM 2 MANDARIN ORANGES OPTIONAL  
INSTRUCTIONS



WASH AND SCRUB THE ORANGES WELL. PEEL THE ORANGES AND REMOVE PITHS, CAREFULLY CUT THE PEELS OF 2 ORANGES INTO THIN STRIPS WITH A SHARP KNIFE. SOAK PEELS WITH A PINCH OF SALT IN HOT WATER FOR 10 MINUTES AND DRAIN WELL.



ORDERING IN FOOD TO CELEBRATE THE NEW YEAR? PACKING UP YOUR LEFTOVERS IS CALLED 'DA BAO' (THIS ISN'T NEW YEAR SPECIFIC, BUT WASTE NOT, WANT NOT!) AND SEE IF YOU CAN POP IT IN THE FREEZER FOR ANOTHER TIME.

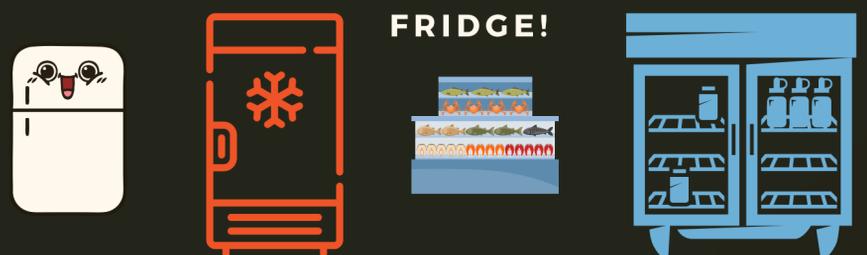
CUT THE ORANGES SEGMENTS IN HALF, CROSSWISE, BREAK OUT THE SEGMENTS AND REMOVE THE SEEDS WITH A SKEWER. WRAP THE SEEDS IN A MUSLIN CLOTH. (I USED TEA BAG). PUT THE ORANGE SEGMENTS, WATER, LEMON JUICE, SUGAR, PEELS AND THE BAG OF SEEDS INTO A LARGE POT.

ONCE BOILING, REDUCE HEAT TO MEDIUM LOW AND LET IT BUBBLE FOR ABOUT AN HOUR (MINE COOKED FOR 90 MINUTES), UNCOVERED, STIRRING OCCASIONALLY UNTIL LIQUID REDUCED TO HALF AND REACHED GEL POINT.

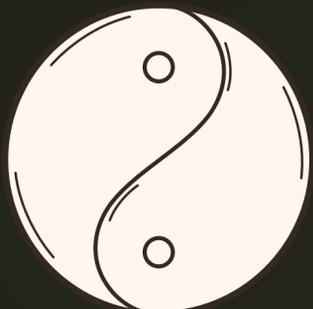
LADLE THE HOT JAM INTO THE STERILIZED JARS, LEAVING ABOUT ½ INCH GAP FROM THE TOP AND TWIST WHILE THE JAM IS STILL HOT. INVERT THE BOTTLES TO COOL BEFORE PLACING THEM IN THE REFRIGERATOR FOR AT LEAST 2 WEEKS.



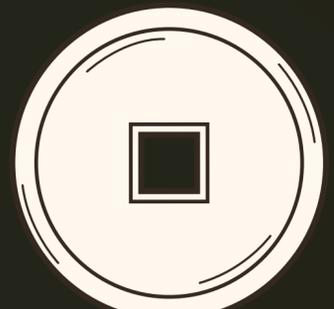
JIAOZI OR DUMPLINGS, ARE ANOTHER TRADITIONAL NEW YEAR FOOD. THEY SHARE A SHAPE WITH INGOTS SO EATING THEM IS A WISH FOR WEALTH IN THE COMING YEAR. A TRADITIONAL RECIPE CALLS FOR PORK AND CELERY, LEEK OR CABBAGE, BUT THERE ARE PLENTY OF VEGGIE ALTERNATIVES SUCH AS TOFU AND CHINESE CHIVE JIAOZI, OR WHY NOT GET CREATIVE AND TRY ANY LEFTOVERS YOU COULD TURN INTO FILLINGS FROM WHATEVER VEG YOU HAVE IN YOUR



IF YOU HAVE A LOCALLY SOURCED ASIAN RESTAURANT OR SHOP IN YOUR COMMUNITY, BY ALL MEANS, SUPPORT A LOCAL BUSINESS AND ORDER FROM THEM!



COOKED UP A BOUNTIFUL NEW YEAR FEAST? DON'T LET IT GO TO WASTE! CREATE A NEW MEAL WITH THE LEFTOVERS (ONE IDEA ON THE NEXT PAGE) OR FREEZE AND KEEP FOR A LAZY DAY.



# MAKE AND DO 2!



## SPRING ONION PANCAKES

### INGREDIENTS

4 TBSP FINELY CHOPPED SPRING ONIONS

200 G/7 OZ PLAIN FLOUR

1 TSP SALT

2 EGGS

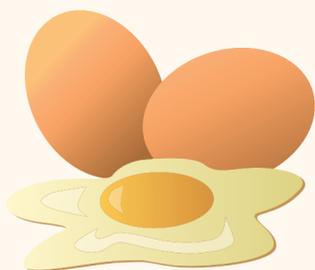
2 EGG YOLKS

400 ML/14 FL OZ MILK

200 ML/7 OZ WATER

3 TBSP OIL

OIL, FOR FRYING



### METHOD

HEAT A LITTLE OIL IN A PAN AND STIR-FRY THE SPRING ONION UNTIL BEGINNING TO SOFTEN. REMOVE AND SET ASIDE.

SIEVE THE FLOUR AND SALT INTO A BOWL. BEAT THE EGGS WITH THE EGG YOLKS, AND MIX INTO THE FLOUR.

SLOWLY ADD THE MILK AND WATER, BEATING VIGOROUSLY, UNTIL THE BATTER IS CREAMY.

STIR IN 3 TBSP OF OIL AND CONTINUE BEATING. STIR IN THE SPRING ONIONS. INTO A HOT PAN, POUR IN ABOUT 1 TBSP OF THE BATTER AND COOK UNTIL SET BUT NOT BROWNE. TURN (OPTIONAL).

## #1

BY REDUCING OUR  
FOOD WASTE, WE  
CAN LIMIT THE  
IMPACT  
WE HAVE ON  
OUR PLANET



IT'S CUSTOMARY AT THIS TIME OF YEAR FOR PEOPLE TO BUY WHITE DAFFODILS, OTHERWISE KNOWN AS NARCISSUS FLOWERS, FOR THEIR HOMES.

ALTHOUGH THE FLOWERS THAT COME IN CERAMIC POTS ARE MORE EXPENSIVE AND HEAVIER TO CARRY HOME, IT WILL SAVE ON PLASTIC WASTE. IT CAN ALSO HELP YOU SAVE MONEY IN FOLLOWING YEARS, IF YOU KEEP THE POT. THEY ARE USUALLY BEAUTIFULLY DECORATED AND MAKE GREAT HOMES FOR OTHER PLANTS WHEN THE FESTIVAL IS OVER.

## DECORATIONS!

WITH 12 ANIMALS IN THE ZODIAC, THAT'S 12 SETS OF DECORATIONS TO BUY AND STORE AT HOME. INSTEAD, OPT FOR DECORATIONS WITH SYMBOLS THAT CAN BE LOVED AND REUSED EVERY YEAR, SUCH AS GOLD INGOTS, TANGERINES, FIRECRACKERS, LANTERNS, NEW YEAR'S WISHES, AND PLUM AND PEACH BLOSSOM. THAT'S ONE-TWELFTH OF THE COST AND THE STORAGE SPACE!

WHAT HINTS & TIPS CAN YOU SHARE WITH US?

WE'D LOVE TO HEAR THEM!  
@MULTIVAX

COLOURING PAGE DECORATION!

HAPPY  
CHINESE  
NEW YEAR

2022

going →  
**ZERO**  
WASTE  
BECAUSE  
THE  
**SOLUTION**  
IS **LESS**  
**POLLUTION**





Multivax is a theatre ,  
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creating community through  
stortytelling and creativity



**RIDDLE  
ANSWERS:**  
1) YOUR NAME  
2) A CLOCK  
3) CHOPSTICKS



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.

*Happy  
Chinese New Year*



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



**#CKFUTURES**

**#LESSWASTE**