

# FOR THE



VALENTINE'S POSTER COLLECTION

TIPS & TRICKS FOR AN ECO FRIENDLY VALENTINE'S DAY!

# OF NATURE

## Love is Green



#CKFUTURES

#LESSWASTE

**THIS YEAR - MAKE VALENTINE'S ABOUT THE EXPERIENCE: A CELEBRATION OF LOVE, OF ALL KINDS, OF ACCEPTANCE AND OF TOGETHERNESS !**

**ECO GIFT IDEAS!**

**1) HOUSEPLANT, OR SUCCULENT — OR, BETTER YET, A TREE. WHY NOT PLANT A TREE EACH YEAR (THROUGH A TRUSTED CHARITY) TO LET YOUR LOVE GROW!**

**2) WHY NOT GIVE YOUR VALENTINE THE GIFT OF A NEW SKILL?**

**LEARN COOKERY, SPORTS, MUSIC (OR GO REALLY CRAZY WITH SOMETHING LIKE DANCING LESSONS!)**

**3) GET CRAFTY! REUSE SOME OLD PHOTOS AND OTHER MEANINGFUL OBJECTS FROM AROUND THE HOUSE - GRAB THAT NOTEBOOK YOU NEVER USED AND MAKE A SCRAPBOOK!**

**4) GIVE SOME LOVE TO WILDLIFE - GET A SUSTAINABLY SOURCED BIRD BOX OR CREATE A BUG HOTEL FOR YOUR OUTDOOR SPACE!**

**5) SURPRISE THAT SPECIAL SOMEONE IN YOUR LIFE BY LEARNING TO REPAIR SOMETHING FOR THEM OUT OF THE BLUE - A PIECE OF CLOTHING, GRASP THE NACK OF UPCYCLING, OR MAYBE THAT UNLOVED BIKE IN THE SHED...**

**OVER A BILLION CARDS ARE SENT A YEAR. ONE TREE CAN PRODUCE ABOUT 3,000 CARDS, WHICH SOUNDS LIKE A LOT, BUT FOR 1 BILLION CARDS, THAT ADDS UP TO OVER 300,000 TREES. DON'T SEND A CARD, THINK OF ANOTHER WAY TO SAY 'I LOVE YOU' AND DO YOU'R BIT...**

**IT'S THE LITTLE DIFFERENCES THAT CAN MAKE A BIG CHANGE**  
**#LESSWASTE**

**LOVE IS LOVE, SO LOVE WHO YOU LIKE AND LOVE YOUR PLANET**





# LOVE THE BIRDS, LOVE THE BEES, LOVE THE PLANET, LOVE FREE

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## **ECO DATE IDEAS!**

- 1) SUPPORT A LOCAL BUSINESS GET A COFFEE, TAKEAWAY, OR TRY SOMETHING NEW! MAYBE VISIT A REFILL STORE? OR GO SUSTAINABLE SHOPPING?
- 2) STAYING IN? PICK OUT A BOARD GAME, CHOOSE YOUR FAVOURITE MOVIE, TRY STAR-GAZING, TRY OUT A VEGAN VERSION OF YOUR FAVORITE MEAL, WHATEVER YOU WANT.
- 3) ENJOY NATURE! GET OUT AND GO FOR A WALK SOMEWHERE NICE - BRING A FLASK OF SOMETHING WARM. MAYBE A PLASTIC FREE PICNIC IS ON THE CARDS?
- 4) HAVE A GARDEN? WHY NOT SHOW A LITTLE LOVE FOR IT AND HAVE A PLANTING DATE? GET SOME POTS AND DECORATE THEM WITH NON TOXIC PAINT AND FIND SOME LOVELY GREENERY TO GO IN THEM!
- 5) TAKE IN SOME LOCAL CULTURE! GET A GIFT CARD OR BOOK IN TO GO AND VISIT A LOCAL MUSEUM, GALLERY, CINEMA, THEATRE, SPORTING EVENT (THE LIST GOES ON!)  
GIVE YOURSELF SOMETHING TO LOOK FORWARD TOO!

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## **DATE NIGHT LEFTOVER MEALS!**

**MOST FOOD IN YOUR MEALS CAN BE REUSED IN OTHER RECIPES IF YOU HAVE LEFTOVERS - WHICH MAKES DATE NIGHT AN EXCITING TIME TO EXPERIMENT!**

**FOR EXAMPLE, LEFTOVERS FROM A ROAST DINNER CAN BE TURNED INTO A TASTY PIE – MIX ANY MEAT, VEG AND GRAVY IN AN OVEN DISH AND TOP WITH PASTRY BEFORE BAKING.**

**PEELINGS FROM POTATOES, PARSNIPS AND CARROT CAN BE DEEP FRIED OR BAKED UNTIL CRISP – DIP INTO HUMMUS FOR A TASTY SNACK**

**GOT LEFTOVER PASTA? STIR IN SPRING ONIONS, TOMATO, TUNA (OPTIONAL), CUCUMBER AND DRESSING, POP IN THE FRIDGE AND YOU HAVE A HEALTHY PASTA SALAD FOR DINNER!**

**SO DIG THROUGH YOUR CUPBOARDS, YOUR FREEZER AND YOUR FRIDGE - AND FALL IN LOVE WITH YOUR LEFTOVERS ALL OVER AGAIN, AS THOUGH IS WAS THE FIRST TIME YOU ATE IT!**

**LETS START WITH BREAKFAST, SHALL WE? LEFTOVER PORRIDGE PANCAKES**

**INGREDIENTS**  
150G COLD LEFTOVER PORRIDGE  
150G SELF-RAISING FLOUR  
2 TSP BAKING POWDER  
1 RIPE BANANA , MASHED  
2 LARGE EGGS  
100ML MILK  
2 TSP VEGETABLE OR SUNFLOWER OIL  
FRUIT , YOGURT AND MAPLE SYRUP OR HONEY, TO SERVE



**STEP 1) MIX THE PORRIDGE, FLOUR, BAKING POWDER, BANANA, EGGS AND MILK IN A BOWL. HEAT THE OIL IN A FRYING PAN. DROP 2-3 TBSP OF THE PORRIDGE MIXTURE INTO THE PAN AND COOK OVER A MEDIUM HEAT UNTIL THE UNDERSIDE IS GOLDEN AND BUBBLES ARE POPPING ON THE SURFACE.**

**STEP 2) FLIP OVER AND COOK FOR ANOTHER FEW MINS UNTIL COOKED THROUGH, THEN KEEP WARM IN A LOW OVEN AND REPEAT UNTIL YOU'VE USED UP ALL THE BATTER. SERVE WITH THE FRUIT AND YOGURT AND TOP WITH A DRIZZLE OF THE SYRUP OR HONEY**

# **FOOD IS SYMBOLIC OF LOVE, WHEN WORDS ARE INADEQUATE**



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