

DO IT FOR THE RABBITS

EASTER EDITION

TIPS & TRICKS FOR AN ECO
FRIENDLY EASTER!



**NO
TO
PLASTIC**

**REDUCE
REUSE
RECYCLE**

#CKFUTURES

#LESSWASTE

THIS YEAR - MAKE EASTER ABOUT THE EXPERIENCE: CELEBRATION OF NEW LIFE AND RECONNECTING WITH THE NATURAL WORLD

ECO GIFT IDEAS!

1) SEND AN E-CARD INSTEAD OF A PAPER ONE -YOU COULD COMBINE THE GIVING OF AN ECARD WITH A CHARITABLE DONATION (IN LIEU OF SPENDING MONEY ON A CARD) VIA DONTSENDMEACARD.COM

2) SEE IF A LOCAL FLORIST OR GARDEN SHOP WILL SELL LOOSE FLOWERS WRAPPED IN PAPER. YOU CAN THEN RECYCLE THE PAPER AND COMPOST THE FLOWERS WHEN YOU'RE DONE! ALTERNATIVELY, GET A POTTED PLANT OR SEEDS - THESE GIFTS WILL LAST LONGER AS THEY GROW!

3) BE CREATIVE WITH UNWANTED PACKAGING: REPURPOSE LEFTOVER BOXES, CONTAINERS OR FRUIT PUNNETS TO PACKAGE EGGS OR GIFTS, AND MOULDED PLASTIC PACKAGING TO MAKE YOUR OWN CHOCOLATE GIFTS.

4) GO WILD FOR WILDLIFE - PREPARE YOUR GARDEN FOR SPRING AND LEAVE A SECTION TO GO WILD!

5) DITCH THE PLASTIC, TRY AND FIND ECO FRIENDLY, FAIRTRADE EASTER EGGS!

6) JUST LIKE SPRING, BRING NEW LIFE TO SOMETHING OLD! SEE WHAT YOU CAN REPURPOSE, REPAIR OR BUY SECONDHAND FOR THOSE WONDERFUL PEOPLE IN YOUR LIFE!



WE BUY A WHOPPING 80 MILLION CHOCOLATE EGGS EACH YEAR. UP TO A THIRD OF THE WEIGHT OF AN EASTER EGG IS ITS PACKAGING, AND OVER 4,300 TONNES OF CARDBOARD IS WASTED EVERY YEAR FROM EASTER EGG PACKAGING.

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ECO FRIENDLY THINGS TO DO!

1) INSTEAD OF FILLING A BASKET WITH TOYS AND SWEETS, CONSIDER AN ALTERNATIVE SUCH AS PLANTS, SEED PACKETS OR EVEN A SMALL TREE YOUR CHILDREN CAN REPLANT IN THE GARDEN. DO THIS TOGETHER FOR A LOVELY AFTERNOON ACTIVITY!

2) WHAT COULD BE MORE MAGICAL THAN BAKING HOT CROSS BUNS TOGETHER, OR PIPING MOLTEN CHOCOLATE INTO AN EGG-SHAPED MOULD?

3) CELEBRATE THE OUTDOORS WITH FAMILY AND FRIENDS - GO TO THE PARK, GO FOR A STROLL, USE SOME LEFTOVERS AND HAVE A PICNIC!

4) MAKE AN EGG HUNT 'GREENER' - CUT OUT AND COLOUR PAPER EGGS AND HIDE THEM AROUND THE GARDEN!

5) LEARN ABOUT SPRING, THE OUTDOORS AND WHAT TO EXPECT IN THIS EXCITING SEASON!

WWW.NATIONALTRUST.ORG.UK/LISTS/50-THINGS-SPRING-TIME-ADVENTURES

6) ENJOY TIME WITH THE PEOPLE THAT MEAN THE MOST TO YOU AND APPRECIATE NATURE. TRY AND CAPTURE THE MOMENT IN SOME WAY - SHARE THEM WITH US @MULTIVAX



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CK Futures
connecting people,
places &
progress



#ATHOMEHERO

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LOVE YOUR FOOD!

1) IF YOU END UP WITH MORE CHOCOLATE THAN YOU KNOW WHAT TO DO WITH, YOU COULD:
STORE IT
SHARE IT
COOK WITH IT

2) EASTER WOULDN'T BE THE SAME WITHOUT A ROAST - GOOD THING THAT LEFTOVERS FROM IT CAN BE TURNED INTO A PASTY! SEE OUR FACEBOOK PAGE (@MULTIVAX) FOR OUR LEFTOVERS PASTY RECIPE!

3) HOT CROSS BUNS FREEZE WELL FOR LATER USE. WRAP EACH BUN INDIVIDUALLY - LABEL, DATE AND FREEZE FOR UP TO 2 MONTHS AND THEN THAW AS NEEDED OVERNIGHT IN THE FRIDGE.

4) HOW TO MELT EASTER EGG CHOCOLATE. SMASH THE EGGS INTO ROUGHLY EVENLY SIZED PIECES AND PLACE THEM IN A HEATPROOF BOWL OVER A PAN OF SIMMERING WATER. MAKE SURE THE BOWL ISN'T TOUCHING THE WATER. ANY STEAM THAT ESCAPES AND MIGHT DRIP BACK IN AND SEIZE YOUR MIXTURE, LEAVING YOU WITH A LUMPY MESS.

USE THE MIXTURE IN RECIPES THAT CALL FOR THE TYPE OF CHOCOLATE YOUR EGG IS MADE FROM, SOME YUMMY ONES CAN BE FOUND AT THE LINK BELOW:

WWW.DELICIOUS.COM.AU/RECIPES/GALLERY/LEFTOVER-EASTER-EGG-CHOCOLATE-HERES-16-WAYS-TO-USE-IT-UP/4PP3QB05



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