

# IT DOESN'T HAVE TO BE SCARY!



HALLOWEEN EDITION  
TIPS & TRICKS FOR AN ECO  
FRIENDLY ALL HALLOWS EVE!

**NO  
TO  
PLASTIC**

**REDUCE  
REUSE  
RECYCLE**

#CKFUTURES

#LESSWASTE

**DON'T DO SOMETHING SCARY TO THE PLANET THIS YEAR – GO GREEN FOR HALLOWEEN!**



**THIS YEAR - MAKE HALLOWEEN ABOUT THE EXPERIENCE: A CELEBRATION WHERE PEOPLE COME TOGETHER TO EAT THE HARVESTED FOOD, BOND AND SHARE AN EXPERIENCE**

**CK FUTURES & MULTIVAX ARE HERE TO HELP YOU CELEBRATE THE SPOOKY HOLIDAY 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 2023 TO SET UP 2024 TO BE THE YEAR WE START TO DO OUR BIT TO SAVE OUR PLANET.**

**INSIDE THIS BOOKLET YOU WILL FIND HINTS, TIPS TRICKS (AND SOME TREATS!) 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!**

**THE WORLD IS IN OUR HANDS.**



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# GET AHEAD OF THE CARVE!

## WHAT TO DO WITH A WHOLE PUMPKIN!

### WAYS TO USE A PUMPKIN

USE THE FLESH TO MAKE A PUREE OR MAYBE A RISOTTO?

CUT INTO CUBES TO USE WHOLE IN A RECIPE

SAVE AND ROAST THE SEEDS

USE THE SKIN AS A VESSEL FOR SOUPS, STEWS OR DIPS

PUMPKIN SOUP

PUMPKIN MUFFINS

PUMPKIN CURRY

AUTUMNAL ROAST PUMPKIN SALAD

PUMPKIN STEW

PUMPKIN SEED BUTTER

PUMPKIN MASH

THIS VERSATILE VEGETABLE HAS SO MUCH TO OFFER - WE JUST HAVE TO BE CREATIVE IN THE WAY WE USE IT SO THAT ONLY THE STALK IS WASTED!

### DON'T LIKE PUMPKIN?

INSTEAD OF ONLY BUYING ONE TO CARVE, WHY NOT MAKE A PUMPKIN DECORATION OUT OF RECYCLED MATERIAL?

A CARDBOARD BOX - COLOURED ORANGE AND CARVED TO MAKE YOUR DESIGN WITH A TORCH INSIDE MAKES A GREAT ALTERNATIVE! IT CAN BE RECYCLED TOO!

PLEASE COMPOST YOUR LEFTOVER PUMPKINS!

DID YOU KNOW - EVERY YEAR, 10 MILLION PUMPKINS ARE GROWN IN THE UK. OF THOSE, 95% ARE USED AT HALLOWEEN AND THEN THROWN AWAY - CREATING 18,000 TONNES OF FOOD WASTE.

THE  
FUTURE  
IS  
GREEN

GIVE CARDBOARD PUMPKINS A GO!



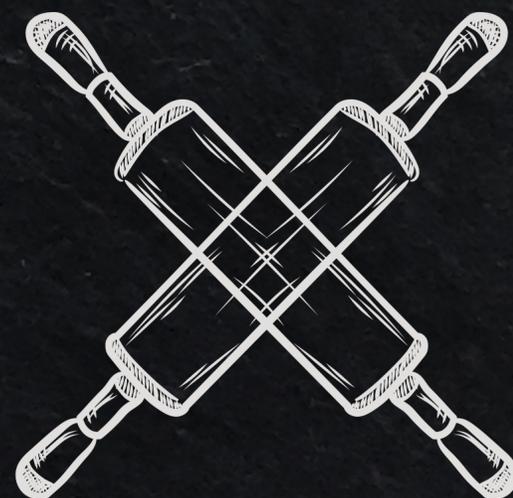
# BE THE PUNKIN KING!

TODAY'S  
SPECIAL:

## Sweet Pumpkin Pie

- **INGREDIENTS**
- **750G/1LB 10OZ PUMPKIN OR BUTTERNUT SQUASH, PEELED, DESEEDED AND CUT INTO CHUNKS**
- **350G SWEET SHORTCRUST PASTRY**
- **PLAIN FLOUR, FOR DUSTING**
- **140G CASTER SUGAR**
- **½ TSP SALT**
- **½ TSP FRESH NUTMEG, GRATED**
- **1 TSP CINNAMON**
- **2 EGGS, BEATEN**
- **25G BUTTER, MELTED**
- **175ML MILK**
- **1 TBSP ICING SUGAR**

- **STEP 1 - PLACE THE PUMPKIN IN A LARGE SAUCEPAN, COVER WITH WATER AND BRING TO THE BOIL. COVER WITH A LID AND SIMMER FOR 15 MINS OR UNTIL TENDER. DRAIN PUMPKIN; LET COOL.**
- **STEP 2 - HEAT OVEN TO 180C/160C FAN/GAS 4. ROLL OUT THE PASTRY ON A LIGHTLY FLOURED SURFACE AND USE IT TO LINE A 22CM LOOSE-BOTTOMED TART TIN. CHILL FOR 15 MINS. LINE THE PASTRY WITH BAKING PARCHMENT AND BAKING BEANS, THEN BAKE FOR 15 MINS. REMOVE THE BEANS AND PAPER, AND COOK FOR A FURTHER 10 MINS UNTIL THE BASE IS PALE GOLDEN AND BISCUITY. REMOVE FROM THE OVEN AND ALLOW TO COOL SLIGHTLY.**
- **STEP 3 - INCREASE OVEN TO 220C/200C FAN/GAS 7. PUSH THE COOLED PUMPKIN THROUGH A SIEVE INTO A LARGE BOWL. IN A SEPARATE BOWL, COMBINE THE SUGAR, SALT, NUTMEG AND HALF THE CINNAMON. MIX IN THE BEATEN EGGS, MELTED BUTTER AND MILK, THEN ADD TO THE PUMPKIN PURÉE AND STIR TO COMBINE. POUR INTO THE TART SHELL AND COOK FOR 10 MINS, THEN REDUCE THE TEMPERATURE TO 180C/160C FAN/GAS 4. CONTINUE TO BAKE FOR 35-40 MINS UNTIL THE FILLING HAS JUST SET.**
- **STEP 4 - LEAVE TO COOL, THEN REMOVE THE PIE FROM THE TIN. MIX THE REMAINING CINNAMON WITH THE ICING SUGAR AND DUST OVER THE PIE. SERVE CHILLED.**





# DRESS FOR THE OCCASION!

## COSTUMES...

### WHY NOT MAKE YOUR OWN!

KEEP OLD CLOTHES THAT CAN BE USED AS GOOD PIECES OR PARTS OF COSTUMES, LIKE WORN T-SHIRTS, BLACK TROUSERS/SHORTS, ETC.

IF NECESSARY, SHOP AT CHARITY SHOPS, LOCAL BUSINESSES AND CAR BOOT SALES, INSTEAD OF BUYING RETAIL

LET YOUR KIDS' IMAGINATIONS RUN WILD! MAKE A GAME OF TURNING OLD CLOTHES INTO COSTUMES.

**HIRING, SWAPPING OR BORROWING HALLOWEEN COSTUMES FROM A FANCY DRESS SHOP OR JUST FRIENDS AND FAMILY IS ANOTHER GREAT WAY OF AVOIDING THE WASTE OF A SINGLE-USE COSTUME - PROMOTING A CIRCULAR ECONOMY MODEL BY CHOOSING RENTAL OVER OWNERSHIP. TAKING THESE STEPS WILL DEFINITELY HELP YOU HAVE AN ECO-FRIENDLY HALLOWEEN.**



**ON THE NEXT PAGE - HOW TO MAKE THE BEST SCARECROW COSTUME!**



**FIND SOME OLD BAGGY CLOTHES**

**RECYCLE SOME CARDBOARD AND CUT A SHAPE OF A PUMPKIN - PAINT, COLOUR AND DESIGN YOUR 'CARVING'. PUNCH HOLES EITHER SIDE AND TIE WITH STRING TO CREATE MASK.**

**BORROW OR BUY FROM A CHARITY SHOP A LARGE FLOPPY HAT.**

**BLACK TROUSERS PREFERRED SO IT LOOKS LIKE YOUR FLOATING WHEN IN THE DARK!**

**STICKS, LEAVES AND TWIGS FROM THE GARDEN ARE A BONUS TO CREATE 'STRAW'. DON'T FORGET TO PUT IT BACK IN NATURE AT THE END!**

**ENJOY!**



# HOW DOES A SCARECROW DRINK? WITH A STRAW...



A MOMENT TO FACE

# THE SCARY STUFF...

SAVE *the* PLANET

2000 TONNES OF PLASTIC HALLOWEEN COSTUMES ARE SENT TO LANDFILL EACH YEAR... THAT IS EQUIVALENT TO 83 MILLION PLASTIC BOTTLES...

NO TO PLASTIC

83% OF MATERIALS USED TO CREATE HALLOWEEN COSTUMES ARE NON SUSTAINABLE PLASTIC...

CHOOSE TO REUSE

REDUCE REUSE RECYCLE

NONE OF THESE FIGURES CONTAIN THE ADDED WASTE FROM DECORATIONS, FAKE FANGS, PLASTIC SKELETONS, STICK ON WARTS. ALL USED FOR ONE NIGHT ONLY

USE WHAT YOU HAVE

IF ALL THE CARVED PUMPKINS LAST YEAR WERE USED TO THEIR FULL POTENTIAL - EVERY PERSON IN THE UK WOULD HAVE A BOWL OF SOUP...



# MORE TREATS THAN TRICKS!

**Why not do something with your community this All Hallows Eve?**

**Instead of knocking, door after door to trick or treat - why not get your local community to decorate their windows with home made creations for a halloween window trail?**

**Your window display can be an array of drawings made on tracing paper that are then bluetacked onto your window - so at night, if you put a lamp on, it will light up your creations!**

**While on your trail - be sure to take some treats with you, so that when you spot a window - 3 sweets go into your bag (but you still have to say those famous 3 words!)**

**GET THE TRICK OR TREATERS TO THE CIRCUS IN TIME FOR THE BIG SHOW!**

## **TREATS!**

**INSTEAD OF GETTING THAT HUGE BAG OF SWEETS, FILLED WITH SMALLER BAGS OF SWEETS, BUY PICK-N-MIX THAT YOU CAN CHOOSE YOURSELF.**

**YOU COULD ALSO BRING YOUR OWN TUB, AND ASK THE SHOP IF THEY'D BE OK WITH YOU USING THAT INSTEAD OF THEIR PAPER OR PLASTIC BAGS. ALSO, CHECK THE INGREDIENTS OF THE SWEETS AND CONSIDER BUYING NON-GMO PRODUCTS WHERE POSSIBLE.**





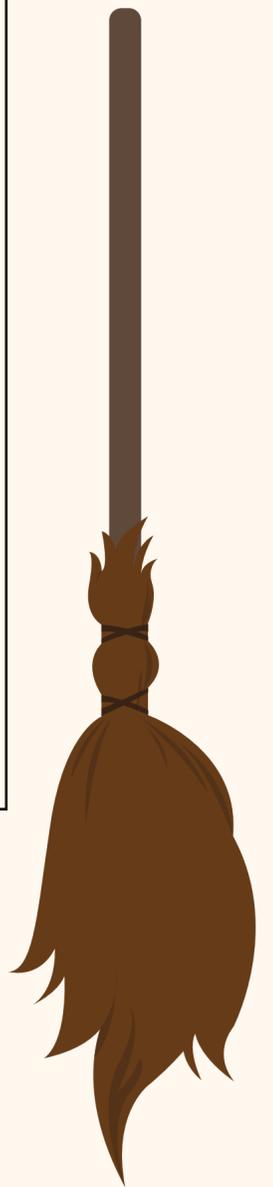
# TAKE A BREAK...



## Happy Halloween



T	L	U	F	T	H	G	I	R	F	S	P	O	V	D	M	Z
H	E	P	C	Z	C	S	J	S	T	Y	S	O	S	O	K	N
G	P	U	M	P	K	I	N	A	Y	E	D	B	T	S	S	O
I	N	O	T	I	P	G	B	E	G	V	R	N	A	P	X	I
L	R	T	T	A	C	K	C	A	L	B	A	D	M	O	A	T
I	E	R	C	R	C	D	U	Y	S	H	Q	U	U	O	G	O
W	T	I	W	A	G	Z	W	E	P	P	B	P	L	K	O	P
T	N	C	C	P	U	E	I	R	E	E	R	Z	E	Y	M	G
X	A	K	B	P	C	L	Z	Z	S	Z	S	H	T	B	Z	W
U	L	O	R	A	T	G	D	O	G	H	I	W	I	T	C	H
E	O	R	I	R	I	Z	O	R	H	S	P	E	L	L	X	O
V	K	T	M	I	O	G	X	N	O	C	O	N	J	U	R	E
M	C	R	S	T	P	J	T	C	S	N	B	E	W	B	O	C
O	A	E	T	I	K	F	T	E	T	V	O	G	A	J	I	C
O	J	A	O	O	Z	D	S	S	N	O	T	E	L	E	K	S
N	A	T	N	N	B	P	G	B	P	E	U	C	R	X	W	V
J	G	V	E	J	S	U	O	I	R	E	T	S	Y	M	F	O



AMULET  
 APPARITION  
 BATS  
 BLACK CAT  
 BOO  
 BRIMSTONE  
 CACKLE  
 CAULDRON  
 COBWEB

CONJURE  
 EERIE  
 FRIGHTFUL  
 GHOST  
 GOOSE BUMPS  
 JACK-O-LANTERN  
 MOON  
 MYSTERIOUS  
 PHANTOM

POTION  
 PUMPKIN  
 SKELETON  
 SPELL  
 SPOOKY  
 TRICK OR TREAT  
 TWILIGHT  
 WITCH



# That's the Spirit

## Witches Autumn Warmer

*A drink for your ghouls to enjoy*

-USE METAL OR PAPER STRAWS  
- MAYBE OPT FOR SOME JAM  
JARS YOU HAVE SAVED UP AND  
LABEL THEM WITH SPOOKY  
POTIONS!



**Head out with a flask or fill your reusable bottles with your favourite drink. They will keep your drinks colder or hotter for longer, and you'll also reduce your waste impact.**



Ingredients

- 1l pear cider
- 1l pear (or cloudy apple) juice
- 1l cranberry juice
- good handful fresh or dried cranberries
- 150ml sloe gin
- 2 cinnamon sticks
- 2 vanilla pods , scored lengthways

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### Method

Put all the ingredients into your biggest saucepan or casserole dish. When you're ready to serve, heat to just below simmering point, then ladle into glasses.

**Make it little ghoulish friendly by removing the alcohol**



# SETTING THE SCREAM!

USE  
WHAT  
YOU  
HAVE

## Make your own decorations

Horris the Spider can be made using recycled material and can be as big or little as you want!

Fill 2 paper bags (1 large and one small) with recyclable material (clean and dry) from your recycling bag

Make paper chains or use empty toilet rolls (hole punched and tied together with string)

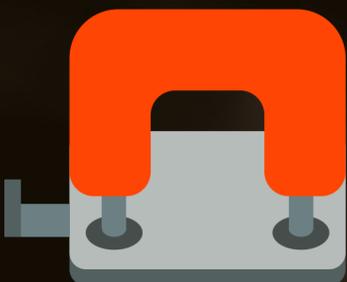
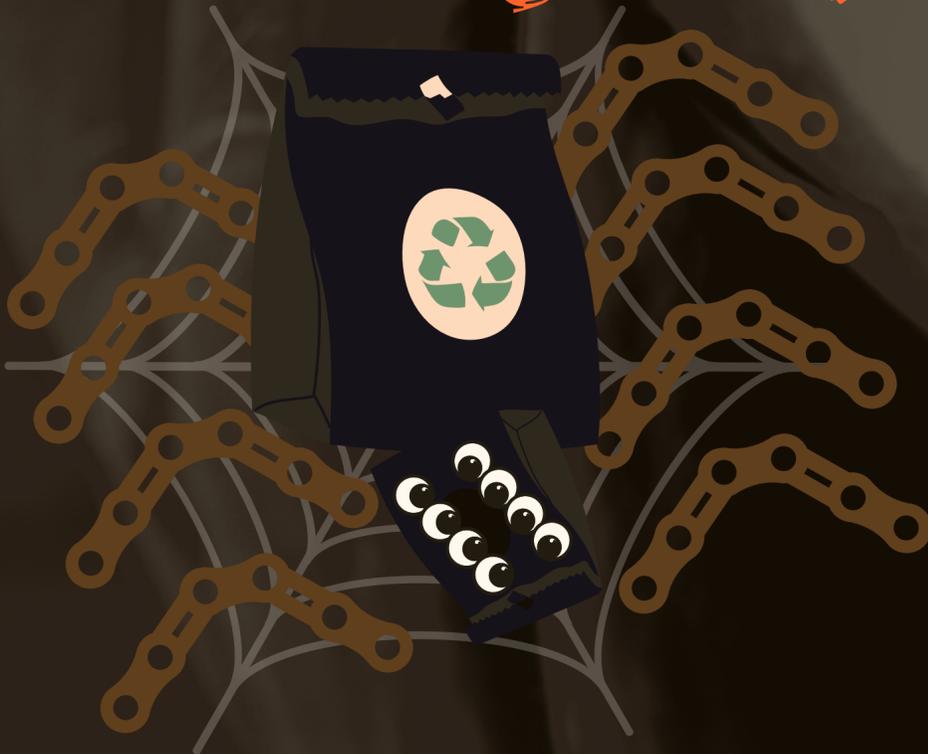
Colour it all in black

Tie your 2 bags of recyclables together and connect 4 legs on the left and 4 on the right (with string)

Use scrap cardboard to create 8 googly eyes and pop them on the front of the bag

Attach Horris to the ceiling using a hook and string the legs up accros the room!

Voila!





**IT DOESN'T HAVE TO BE SCARY –  
YOU AREN'T ALONE...**

**THE SPOOKY SEASON ISN'T FOR EVERYONE.**

**ONE THING WE CAN CELEBRATE TOGETHER IS THE  
HARVEST – AND WE WOULDN'T HAVE IT WITHOUT OUR  
WONDERFUL PLANET.**

**SO THIS HALLOWEEN – WHETHER YOU CELEBRATE OR  
NOT, MAYBE TAKE A MOMENT TO APPRECIATE THE  
PRODUCE OF THE SEASON.**

**GO AND USE YOUR LOCAL BUSINESSES FOR YOUR  
AUTUMNAL FEAST NEEDS.**

**WORK WITH YOUR COMMUNITY TO LOWER THE IMPACT  
WE HAVE ON OUR IMMEDIATE ENVIRONMENT – IT  
REALLY MAKES A DIFFERENCE.**

**BUT FINALLY, BE KIND TO THOSE YOU MEET ON YOUR  
ADVENTURES. IF WE WORK TOGETHER, WE WILL HAVE  
PLENTY MORE HARVEST FESTIVITIES TO COME.**

**THE WORLD IS IN OUR HANDS.**

# IT DOESN'T HAVE TO BE SCARY!



**DON'T FORGET -  
IF YOU PRINT  
ME OFF -  
RECYCLE ME!**



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

[Multivaxsite.com](http://Multivaxsite.com)

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.

<https://www.charltonkingsparishcouncil.gov.uk/charlton-kings-environment.html>