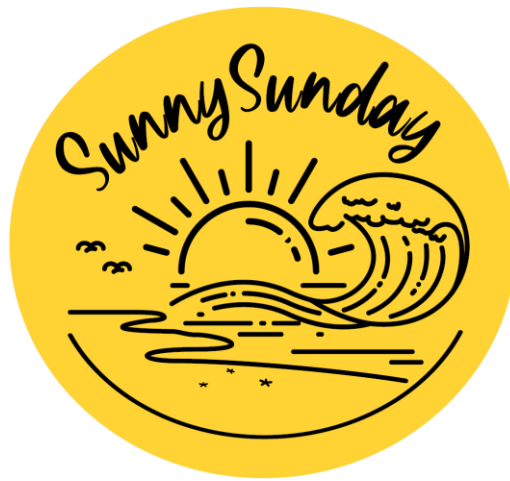




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# GREEN FAMILY



**Before we start: We acknowledge that humankind is facing one of the biggest challenges in history at the moment. All this can be overwhelming. We can't change what is happening but we want to share some ideas with you on how to deal with the current situation.**

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## *How can we get through hard times?*

- ✓ **Stay positive**
- ✓ **Get creative**
- ✓ **Practise gratefulness**
- ✓ **Be in touch with your community**
- ✓ **Focus on what you can control**
- ✓ **Remember that this is a temporary situation**
- ✓ **Be kind to yourself & others**

**If you are struggling to see the positive at this time, please do reach out to a loved one or professional (for example MHNZ for our NZ followers) for additional help and support. It is OK to not be OK, but let others support you to get OK again.**

# Our philosophy

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At Sunny Sunday, we do it for



the love and protection of our  
people and our planet.







# What is this e-book not aiming to achieve

Optimism is the  
faith that leads  
to achievement.  
Nothing can be  
done without hope  
or confidence.

- HELEN KELLER

**Making you feel guilty and encouraging eco-anxiety**

**Increase costs**

**(In fact, we encourage financial sustainability too!)**

**Take away your choices**

**We want you to pick and choose what works for you**



# How to become a green family?



# Why becoming a green family?

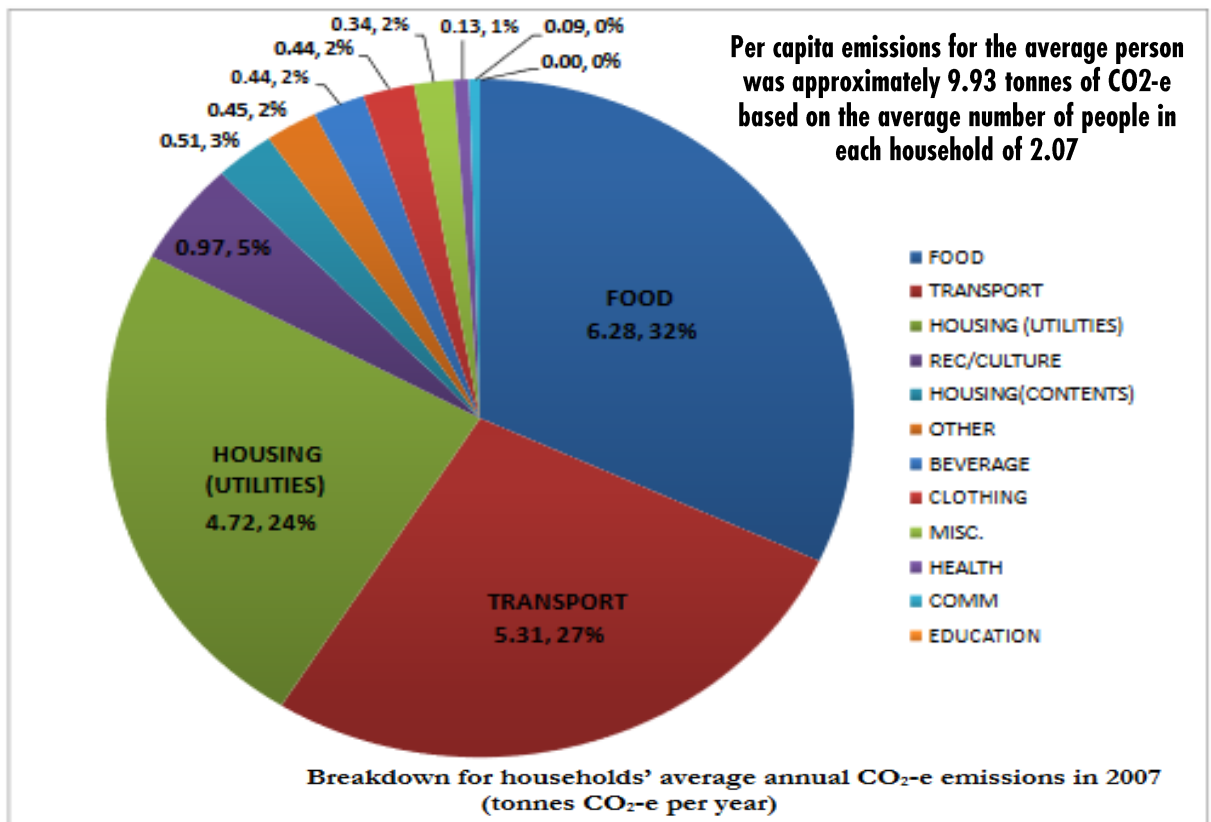
## Facts & Stats



### New report shows household emissions increasing

“New Zealand households are becoming less efficient at managing the emissions they produce, that is, household emissions are increasing at a faster rate than the overall rate of household formation,” senior manager collaborative development Michele Lloyd said.

## Motu Economic and Public Policy Research



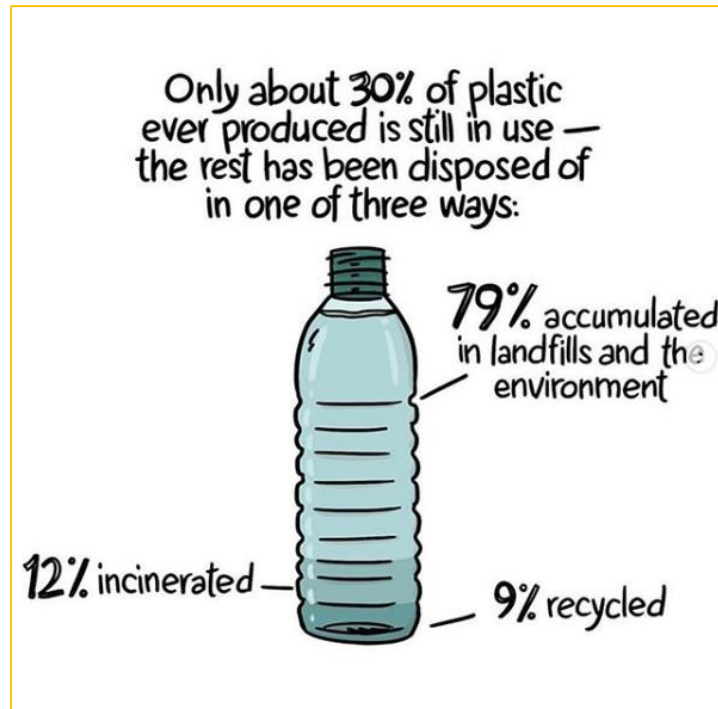
three main drivers of emissions are food, transport and housing utilities



# Why becoming a green family?

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## Plastic bags and bottles



**A lot of times they make their way into the ocean**

**Put sea life at risk**

**Cannot be recycled easily & don't break down easily**





# Why becoming a green family?

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## Love Food – Hate Waste



**New Zealanders throw away  
157,389 tonnes of food a year**

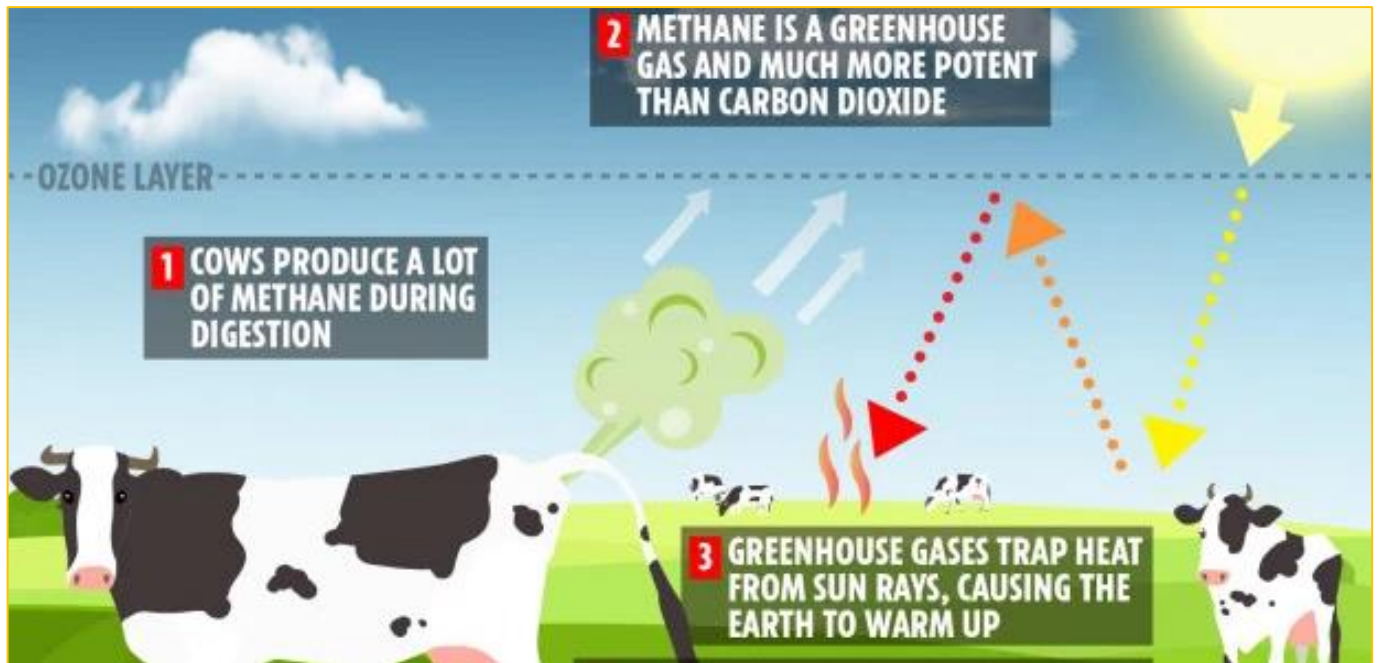
**All of this food is worth about  
\$1.17 billion each year**

**Food scraps that end up in a  
landfill generate methane gas**



# Why becoming a green family?

## Talking about methane..

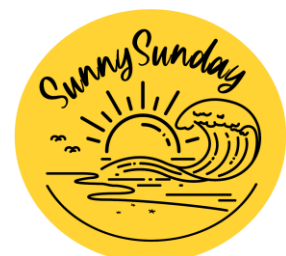


**Methane is a potent greenhouse gas which contributes to climate change**

**New Zealand has the largest methane emissions rate at 37m tonnes per year (worldwide rank 44 overall)**

**High numbers of sheep, deer and cattle; landfill (4% of NZ's total methane emissions)**

**The less we send to landfill the less methane we create**



# Why becoming a green family?

---

And a lot more to think about



**Single use packaging contributes 352,000 tonnes of our annual landfill waste. That's roughly the mass of 58,000 African elephants**



**The average little child goes through a whopping 4000 – 5000 nappies before they move on to big kid pants**



**Kiwis create 5 million waste tyres per year. While 70 percent of these end up in landfills, a large portion goes on to litter highways and ruin our serene countryside.**





# How can we become a green family?

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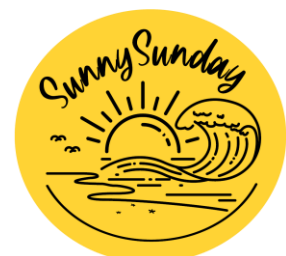
# Bathroom



**Every year, over 45 billion products related to periods are thrown in the garbage**

**Shampoo and conditioner account for about 80 billion bottles per year**

**About 75 percent of the water we use in our homes is used in the bathroom**







# Bathroom

## 10 Swaps for a sustainable bathroom

toothbrush	→	bamboo toothbrush
shampoo	→	shampoo bar
conditioner	→	apple cider vinegar
face wash	→	facial soap bar
cotton pads	→	reusable pads
paper napkins	→	reusable napkins
toilet paper	→	recycled toilet paper
razors	→	safety razor
tampons + pads	→	menstrual cup
air freshener	→	sage bundle

@thegoodlife\_designs

### *Sunny Sunday Tip:*



**After use: Bamboo goes to compost, bristles go in the rubbish bin**





# Bathroom

**Be creative. Be innovative. Be awesome.**

Make your own  
Aloe Vera moisturizer



Aloe Vera plant



Cut a leaf



Soak in water overnight to remove iodine and aloin



Take the pulp out



Blend it



Freeze into an ice cube tray



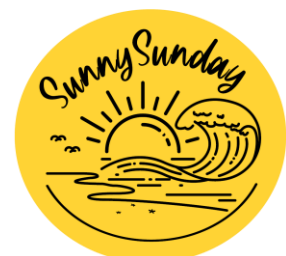
Slowly spread the ice on your skin



Use your coffee grounds as  
a natural cleaning scrub



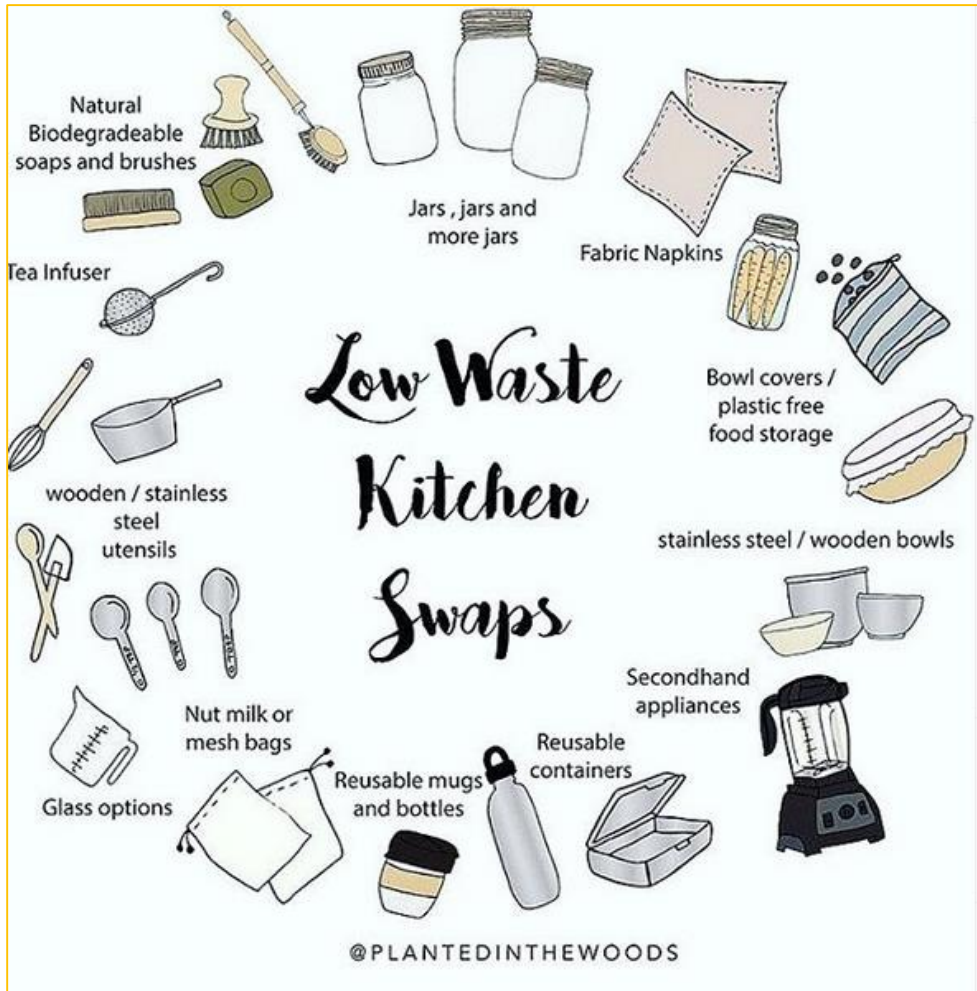
**“It is our collective and individual responsibility ...  
to preserve and tend to the world in which we all live.”  
— Dalai Lama**







# Kitchen





# Kitchen



**Keep the fridge set at 4°C or lower, and the freezer at -18°C or below**

**Hot food in the fridge can warm the food around it and increase the rate of bacterial growth**

**Hot food in the fridge can warm the food around it and increase the rate of bacterial growth**







# Kitchen

## CARBON COSTS OF DIFFERENT DIETS



Source: Timothy D. Searchinger, Stefan Wirsenius, Tim Beringer, & Patrice Dumas. "Assessing the efficiency of changes in land use for mitigating climate change." *Nature*, 12 December 2018.

<https://www.nature.com/articles/s41586-018-0757-z>





# Kitchen

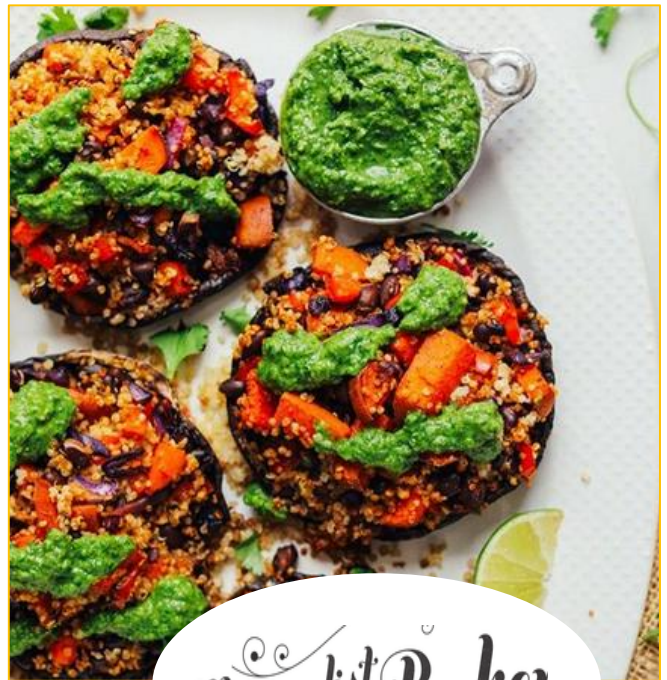
A little vegan inspo for you  
from Instagram

Coconut Chickpea Curry



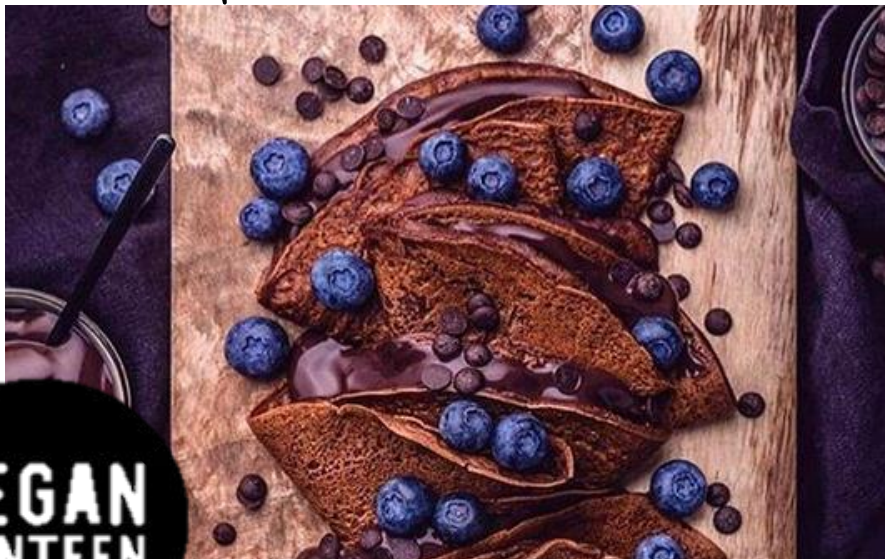
Vegolab

Stuffed Mushrooms



Minimalist Baker  
est. 2012

Chocolate Crepes with Blueberries



VEGAN  
CANTEEN







# Kitchen

**Bread is  
NZ's No.1  
wasted food**

20 million loaves per year



**Love your bread**

Keep your bread in a cool,  
dark and dry place or  
freeze it.

For ways to reduce your food waste visit Facebook  
[www.facebook.com/lovefoodhatewastenz](https://www.facebook.com/lovefoodhatewastenz)

**LOVE  
FOOD**  
hate waste





# Kitchen

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**Make the most out of your food scraps**

**4-5 slices of old bread / crusts**

**1 Tbsp Chia seeds**

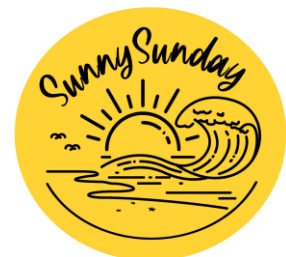
**1 cup Plant based milk**

**1/2 Tbsp cinnamon**

**1/2 Tbsp Maple syrup**

**1/2 Tbsp Vanilla extract**

- 1. Mix all ingredients (except bread) in a shallow bowl; place for 15 min in fridge**
- 2. Soak slices of bread in the mix**
- 3. Fry bread in a pan**
- 4. Enjoy with toppings of your choice**





# Kitchen

## zero waste grocery shopping



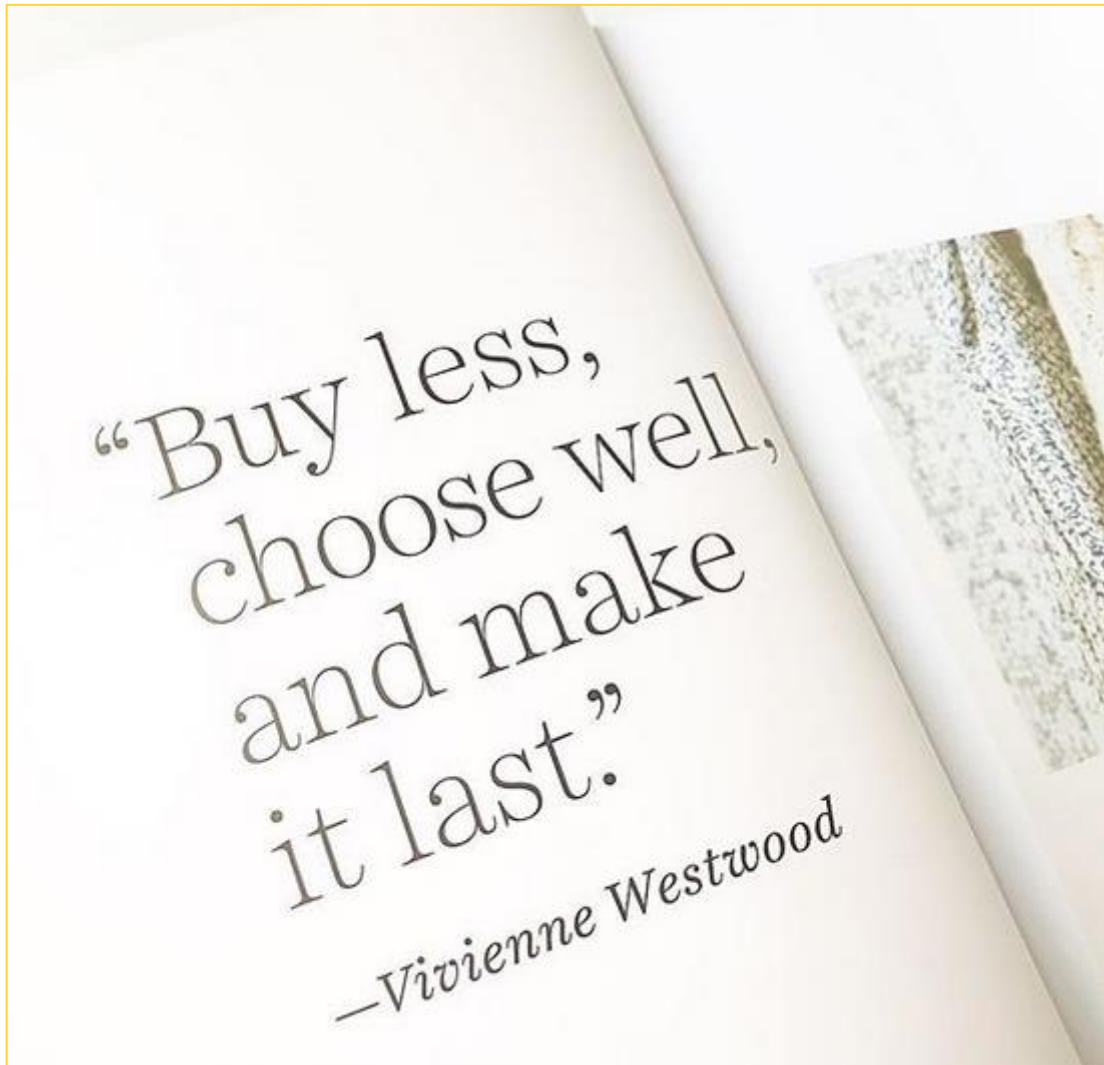
when you can't avoid packaging,  
choose tin or paper instead of  
plastic





**“A nation that destroys its soils destroys itself. Forests are the lungs of our land, purifying the air and giving fresh strength to our people..”**

**— Franklin D. Roosevelt**





# Garden

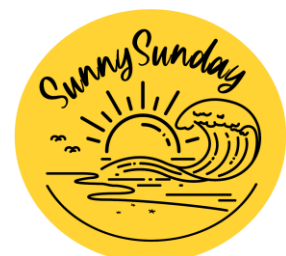


*Gardens in urban areas*

**Absorb rainwater and help to prevent flooding**

**Control urban temperatures**

**Support bees and a range of birds**





# Garden

# COMPOST

## ▼ All Food Scraps



## ▼ Used Compostable Containers & Utensils



## ▼ Tea Bags & Coffee Grounds



## ▼ Napkins, Paper Towels & Wooden Stirrers



VISIT: [green.harvard.edu/waste](https://green.harvard.edu/waste)

 HARVARD UNIVERSITY | Sustainability

## Composting

**Food is broken down into rich & soft soil that can be used again**

**Reduces methane emissions, conserves landfill space**

**Adds nutrients & beneficial microbes, holds water,  
improves plant growth**









# Garden



*SunnySunday Tip:*

**Support your local bee keeper**



**B E E S U P T O P**





**“The Earth is a fine place and worth fighting for.”  
— Ernest Hemingway**





# Kids

## Idea collection: Teach sustainability

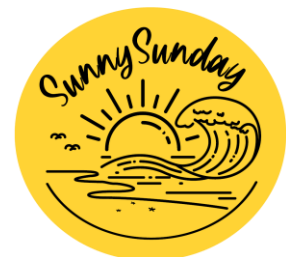
Plant a tree  
together

Green team walk  
- Bring gloves and a  
bag

Play outside,  
do bush walks,  
go to the beach

Plant a garden and  
collect rain water

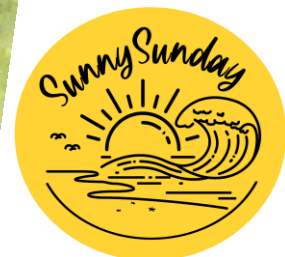
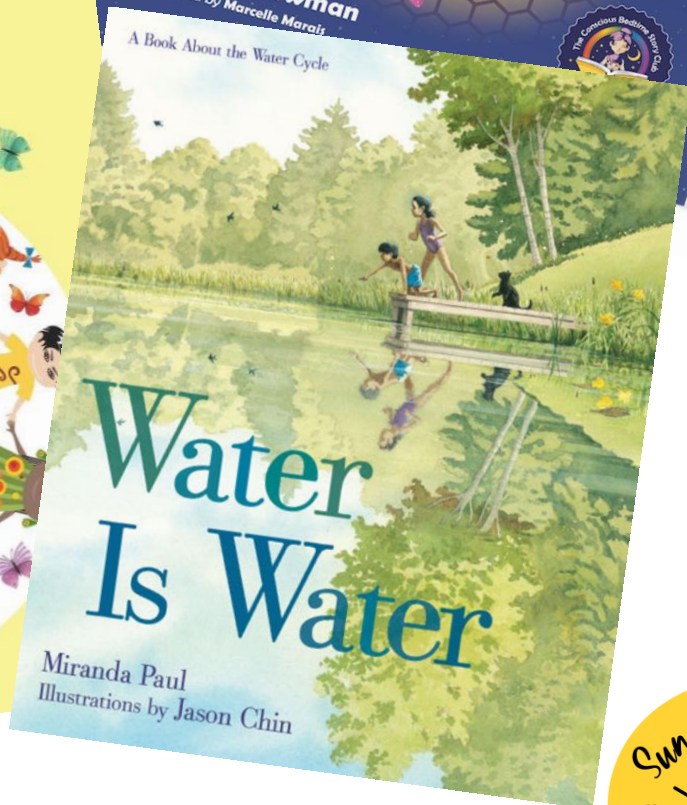
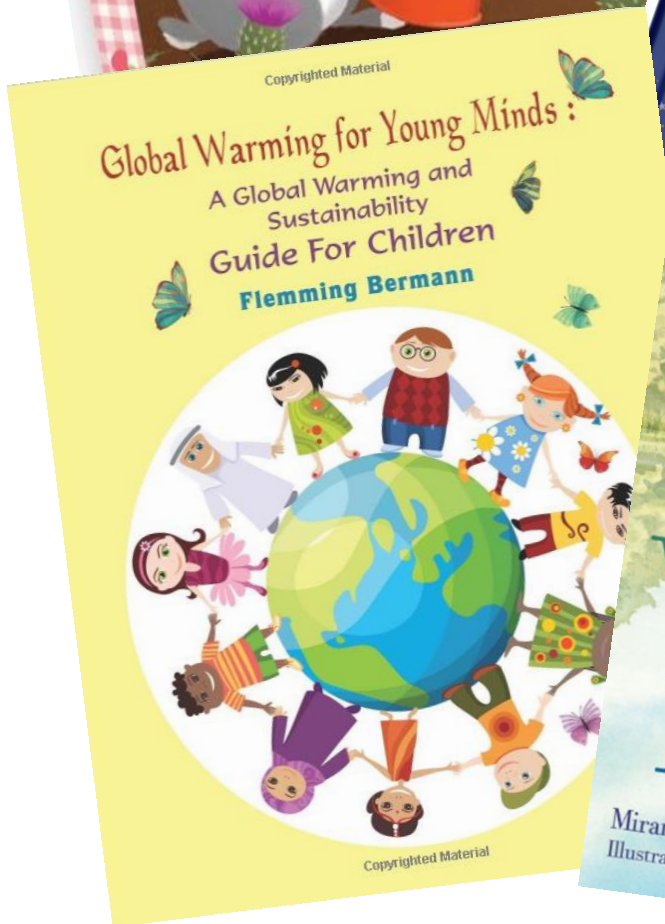
Read books  
about the  
earth





# Kids

## Book tips for little eco warriors



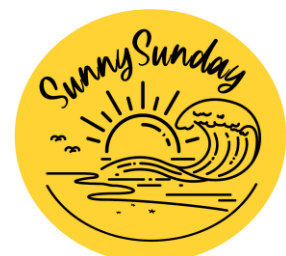




# Kids

They asked her: “How did you persuade your child to read instead of playing with smart devices?!”

She said : “Children don't hear us, they imitate us”







# Kids

## Low waste gifts for children



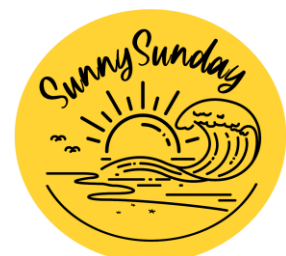
**Books**



**Binoculars**



**Dress up clothes from the op-  
shop**





# Kids

## Low waste gifts for children



**Events**



**Activities**



**Classes**



**Gardening  
Set**



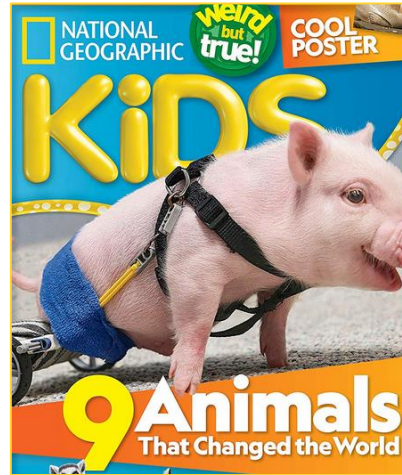


# Kids

## Low waste gifts for children



**Science  
museum**



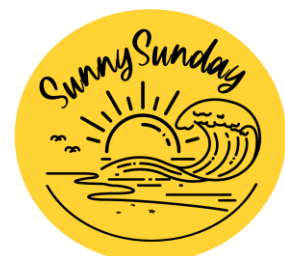
**Magazine  
subscription**



**Recipes &  
Ingredients**



**Baking set**







# Kids

## Low waste gifts for children



**Board  
games**



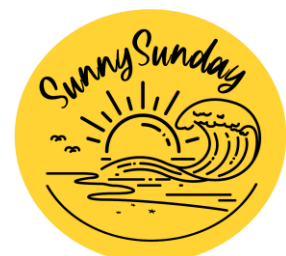
**Pavement  
chalk**



**Wooden  
construction  
blocks**



**Sport gear**





# Planned events for 2020:

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## Winter Wellness

Sunday 3rd May | Free Online Event | Register to watch...

**Wellbeing Workshop – 3<sup>rd</sup> of May 2020 – online**

**More events to come –  
our events will be held online as long as necessary**

**We are working on articles for our website &  
'How-to'-videos on different topics for our YouTube Channel**

**REGISTER NOW VIA  
[www.sunnysunday.eventbrite.co.nz](http://www.sunnysunday.eventbrite.co.nz)**



We say thank you to



# How do you keep up to date or sign up for events:

hello@sunnysunday.nz  
sunnysunday.nz



@sunnysundaynz



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