



Environmental Campaign Newsletter – April 2015

WHAT'S ON APRIL 2015?

Earth Day falls on the **22nd of April** this year. Events worldwide are held to demonstrate support for environmental protection. It was first celebrated in 1970, and is now coordinated globally by the Earth Day Network in 192 countries each year. Do your bit for Earth Day this year, remember the **Power of One** -no matter how small the deed, **we can all make a difference!**

Introduction

Welcome to the April edition of Cork University Hospital Campus environmental campaign newsletter.

On average, wasted food costs each Irish household €700 a year. Nearly all this food waste is thrown in the bin, and while some is composted, most of it ends up in the local landfill. In the landfill, rotting food decomposes to make methane and other gases. In addition to the smell, these are greenhouse gases contributing to climate change.

Why not try to cut down on your food waste at home by searching recipes for unused or leftover ingredients, get fitter by preparing for “Walk to Work” and the cycle challenge next month. This issue is packed full of great ideas to change your diet, whether food or carbon!

Look out for an energy awareness event in the staff canteen this month! Great fun guaranteed!

Websites of the Month

<http://allrecipes.com/Recipes/Everyday-Cooking/Everyday-Leftovers>

<http://www.bbcgoodfood.com/recipes/collection/leftovers>

If you're not sure what to do with your leftovers, why not try the online recipe search? Simply type in the ingredients you have, the ones you definitely don't want to appear, or even search by your favourite chef or recipe name, and a whole host of delicious meals appear. Food waste will become a thing of the past, as you never need to discard ingredients again!

CUH Raises its Green Flag - A World First!

CUH became the first hospital campus in the world to raise a Green Flag awarded by An Taisce and the Foundation for Environmental Education this month for outstanding achievements in energy and waste management. Minister Kathleen Lynch congratulated CUH for this feat commenting that it was a refreshing good news story about the health service. Ms. Patricia Oliver of An Taisce's Environmental Education Unit praised CUH for all the hard work and described the achievement as “amazing”. Well done to everyone!





Stop Food Waste

Only 50% of salad leaves bought are actually eaten! With so much of the world suffering from hunger this is a shocking waste of such a precious resource.



Here are **5 Top Tips** to help you save money:-

1. Examine your fridge and freezer and contents. This should be done regularly and certainly before you go shopping. Any edible items in the back of the fridge which you're not going to eat within the next couple of days, move them to the freezer.
2. Keep your store cupboard and freezer well stocked with long life items. Pulses, nuts, pasta, beans, tinned fish/meat, dried fruit - these foods can easily be called upon to make a tasty meal. Replace them once eaten so there's always something in store.
3. Staples such as potatoes, rice, pasta and bread are often wasted. Stick a sliced loaf in the freezer for toast and measure out cupfuls of rice per person eating, rather than tipping a large amount into a pan.
4. Leftovers are often 'looked overs'. The remains of a roast dinner can make a lovely curry or broth. An evening meal can often taste just as nice cold for lunch the next day. Buy a robust lunch container and settle down to some home cooking at your workplace instead of a pre-packed sandwich.
5. Planning your meals is one of the most effective ways you can cut wastage and food bills. Prepare a menu before you go shopping. Stick to the shopping list and remember, it's always best not to go shopping on an empty stomach!

For more helpful hints and recipes visit <http://www.stopfoodwaste.ie/>

Exploding Environmental Myths

“Global warming can't be happening. Winters are getting colder each year!”

ANSWER: First of all, it's necessary to explain that the 'climate' is not the same as the 'weather'. Climate cycles take place over decades, centuries, even millions of years. As we know from leaving the house on a sunny morning without an umbrella only to get caught in a downpour a few hours later, the weather can change its pattern in a day and is therefore on a much shorter timescale. Weather is also something we experience locally whereas the climate is widespread across the world and the impacts of change will be unevenly felt. We have experienced a very cold winter here in Ireland and it's easy to think that the planet isn't warming. But as we shiver here, other parts of the world are experiencing the highest temperatures on record. In fact, globally the last decade has been the warmest ever recorded and temperatures are still set to rise. The long term trend is that we are getting warmer and whilst this means that winters will be generally milder and wetter here in the UK we will still experience natural cold snap cycles.



The issue of climate warming and its link with greenhouse gases is not going away. The more gas we produce, the warmer the Earth becomes. For more information visit the Environment Protection Agency weblink: <http://www.epa.ie/irelandsenvironment/climatechange/>
