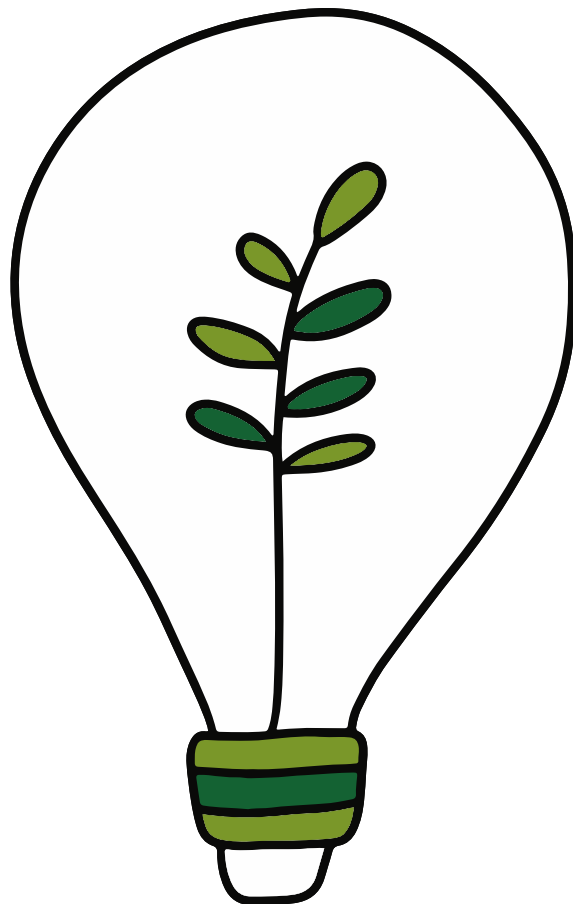


Fresh Futures Sustainability eBook

How to act sustainably and reap
the benefits



**FRESH
FUTURES**

Improving lives, inspiring change

Fresh Futures & Sustainability



Why Fresh Futures are tackling sustainability

Here at Fresh Futures, we recognise the necessity to lead a sustainable organisation, and the impact that can have. With children & young people at the heart of everything we do, we know we must strive to ensure that the planet is taken care of - for their futures!



How we are doing it

We have established a Sustainability Forum made up of employees, governors, tenants, service users and volunteers, who steer the charity's sustainability action plan and develop all Fresh Futures sustainability initiatives alongside a Sustainability Champion.



Fresh Futures 7 Pillars of Sustainability

Fresh Futures follows the principle of the 7 pillars of sustainability. When we conduct any service - new or old - we thrive to ensure that we have carefully considered the seven elements of sustainability: Reduce, Recycle, Reuse, Replace, Reject, Educate & Engage.



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Fresh Futures Sustainability Targets 2025

1

Maximise revenue generation
from solar panels



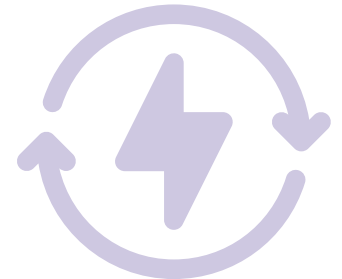
2

Engage Service Users in
Sustainability Initiatives



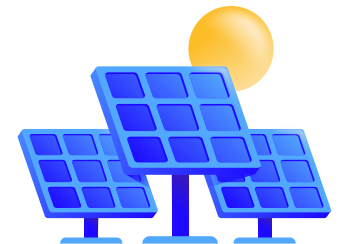
3

Enhance the biodiversity of
Brian Jackson House's garden
space



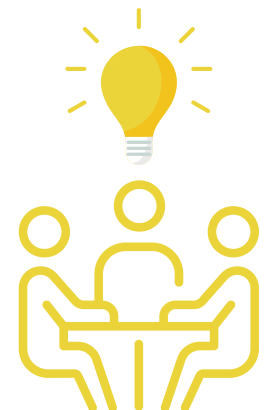
4

Strengthen sustainability
practices across the charity

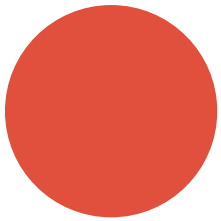


5

Achieve greater energy
efficiency across all facilities

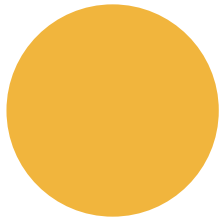


Sustainability - Why bother?



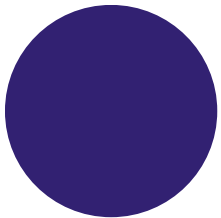
By using less resources in the workplace, we have more money to invest in our people

Fresh Futures Senior Leadership Team Member



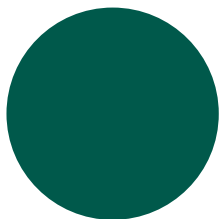
I want to make my grandchildren - the future generation - proud

Fresh Futures Trustee



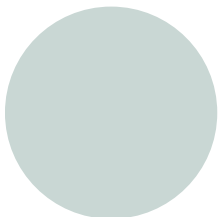
Reducing my food and water waste has eased the impact of the cost-of-living crisis

Fresh Futures Service User



By walking more and eating less meat, my family's health has improved

Fresh Futures Tenant



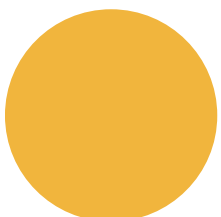
I act sustainably due to my love of animals & nature

Fresh Futures Volunteer



I want to leave the world a better place than when I came into it

Member of the Fresh Futures Community



Shopping sustainably helps my local area thrive - and creates more jobs

Fresh Futures Employee

Meet the Fresh Futures Sustainability Forum



The forum is made up of Fresh Futures staff, tenants, governors, volunteers and service users, led by Fresh Futures Sustainability Champion. Anyone is welcome to join a sustainability meeting at any time, either as a regular representative, or to partake in one particular discussion.

Members of the group meet four times per year to agree actions and initiatives and raise new items. They act as the voice of the charity on all sustainability matters, ensuring that constant progression is achieved.

Objectives:

- Agree the Sustainability action plan & timeline
- Take decisions to improve Fresh Futures Carbon Footprint
- Share the benefits of sustainability with the Fresh Futures community.

If you would like to get in touch with the Sustainability Forum, please call 01484 519 988, or email ContactUs@freshfutures.org.uk with 'Sustainability' in the subject.

Grow a Bio-Diverse Garden

About:

A bio-diverse garden is an outdoor space (of ANY size) that is overflowing with a large variety of plants and tools, that in turn supports various types of living creatures (from bees to woodland creatures). Bio-diverse gardens take inspirations from woodlands and meadows. The pollen and nectar from the garden are food for a whole host of insects, whilst fruits can be a tasty treat for birds (and - in some cases - humans!).

The Benefits

- A diverse lawn will have increased tolerance for drought and shade, plus better resistance to disease and pest infestations.
- By growing edible items in your garden, you can eat healthier for less (or free!)
- A 'wild garden' full of diverse and beautiful flowers is much easier to maintain than a plain, neat lawn.

3 Hot Tips

- Think food, shelter, and water: if your garden can provide all three, you will meet the basic needs of all creatures. For example, birdbaths, ponds, and hedgehog hiding holes.
- Choose plants that flower and fruit throughout the year to enhance diversity and produce food for you all year round.
- Start small. You don't have to build a bio-diverse garden in one-day.

Fresh Futures in Action

In 2021, we started our very own bio-diverse garden at Brian Jackson House with the help of some wonderful volunteers who now operate a gardening club that is open to all. The garden boasts a wide range of plants and fruit, plus picnic furniture so people can enjoy some fresh air.



Be Energy Efficient

About:

Energy efficiency is the use of **less energy** to perform the **same task** or achieve the **same result**. Energy-efficient homes and buildings use less energy to heat, cool, and run appliances and electronics. Saving energy is sustainable as it reduces air and water pollution and conserves natural resources.

The Benefits:

- Using less energy in your home leads to lower electricity bills.
- As less energy means less air and water pollution, it also means healthier living environments for people everywhere.
- Improving energy efficiency can also lead to the creation of jobs, and help stabilise electricity prices and volatility.

3 Hot Tips

- Switch your appliances off at the wall, rather than leaving them on 'standby'.
- Drop your washing machine cycle down to 30-degrees as higher temperatures are more costly to run.
- Only boil the kettle with as much water as you need, as boiling a full kettle costs more money.

Fresh Futures in Action

Across all of our buildings, we now operate a switch off policy, which encourages employees and tenants to switch off all lights and appliances fully when not in use. This small change will help us to waste less electricity every day.



Reduce & Recycle Single-Use Plastic

About

Single-use or disposable plastic items are designed to be used only once. Some, such as plastic bottles, can be recycled; but not all can be. The impacts of this plastic waste on the environment and our health are global and can be drastic.

The Benefits

Many items that come in single-use plastic are not 'necessities'. Things like bottles of fizzy drinks, sweets, and cigarette butts all use single-use plastic. By avoiding these in the name of the environment, you will also save money and cut back on things that are unhealthy.

3 Hot Tips

- Use a reusable drinks bottle. Some coffee shops and other retailers offer a discount on drinks when you use these.
- Get used to carrying around a couple of material, reusable bags. These are strong and durable and you won't need to waste 40-60p each time you go to the shops.
- Take empty bottles to your local 'refill shop'. As you're only paying for the contents and not the bottle, you get better value for money, and the products on offer are usually better for you, too.

Fresh Futures in Action

Here at Fresh Futures, we have already significantly reduced the amount of single-use plastic around our buildings, and we are constantly looking at new ways we can avoid plastic as much as possible. Where single use-plastic does enter our buildings, we have recycling facilities to support the best removal of it.



Teaching Sustainability

About:

Sustainability is the key to a better future. Humans rely on natural resources for business, activities, and survival. Many of us adults have only learned about sustainability and climate change in later years. However, given the knowledge we have now, we are able to teach sustainability earlier in a child's life.

The Benefits:

Knowledge is power, and the youth of today will greatly benefit from an education in sustainability when it comes to building a career when they are older. Teaching sustainability enables children and young people to develop knowledge, skills, values and motivations for action, allowing them to maintain their own wellbeing – and that of their community and the planet – in an increasingly interconnected world.

3 Hot Tips

- Include children in some simple chores such as recycling or planning meals. This not only helps children learn about sustainability, but it also increases their social and environmental responsibility, and knowledge of life skills they will need in the future.
- Make it fun! Go outdoors and explore the wild, or encourage creative discussions about positive changes.
- Go green yourself - The best and easiest way to teach your children about sustainability is to lead by example.

Fresh Futures in Action

Fresh Futures alternative provision school has recently embedded sustainability into the teaching curriculum. So far, pupils have learned about the impact of climate change, how to take simple steps to act sustainably, and been involved in sustainable fun days, such as canal cleaning & camping.



Sustainable Commuting

About:

Sustainable commuting includes taking transportation, such as electric buses and trains and that can carry people far more efficiently than cars. It also includes cycling and walking to work, or simply not commuting to work at all, opting to work from home on occasion, rather than taking an unsustainable journey into the office.

The Benefits:

- Walking or cycling in place of using a car or public transport can help to keep your body healthy.
- Opting to walk over using a form of transport has been proven to reduce stress levels and boost mental health.

3 Hot Tips:

- Reduce non-essential commuting. E.G., working from home one day a week could reduce your fuel costs (and your emissions) by 20%!
- Stay up to date with local transport offers, such as discounts for under 19s, free travel for seniors, and 'The Mayor's Fares' for cheaper bus fares. National Rail also has a [fare finder](#) to ensure you get the best deal on trains and busses.
- Speak with your employer about the option to work from home, or opt into a sustainable travel scheme.

Fresh Futures in Action

Fresh Futures runs a Bike 2 Work scheme for all employees, to encourage sustainable and healthy commuting. Fresh Futures are also a flexible employer which means that many staff can work on a hybrid level, which significantly reduces carbon emissions caused by commuting.



Reduce Your Carbon Footprint

About:

A carbon footprint is a measure of the amount of carbon dioxide released into the atmosphere as a result of the activities of an individual, organisation, or community. It is calculated as the number of tonnes of CO2 equivalent (CO2e).

The Benefits:

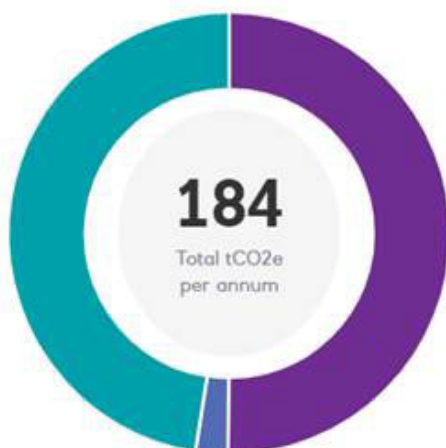
- Again, the less you do that contributes to a carbon footprint, the less you will spend!
- Reducing greenhouse gas emissions can slow climate change, improve air quality and save lives, by preventing millions of illnesses caused by air pollution.

3 Hot Tips

- Some organisations such as airlines release information about the carbon footprint of a service, and some even allow you to pay to 'offset' the carbon created.
- For many of us, the first step in cutting carbon emissions is to take control of our heating. For instance, reducing the number of radiators switched on at one time (only the rooms you really need to heat).
- Spend consciously - everything you purchase (a good or a service) comes with a carbon footprint, so think carefully each time you put your hand in your pocket, as we know that more sustainable options often come with cost benefits.

Fresh Futures in Action

In 2022, we measured our footprint using an online tool. The result was an estimated 184 total CO2e/annum. As a result, we created an action plan, and will re-measure the footprint in 2024, to determine if our changes have had a positive impact.



Sustainability Calendar

About:

Throughout the year, there are lots of sustainability focussed dates that seek to improve awareness on climate change and help people live healthier, more cost-effective lifestyles. By celebrating some of these dates, we can stay up to date on sustainability and do our part, whilst having some fun!

The Benefits:

- Sustainability can seem like a serious topic, but by celebrating awareness days we can enjoy ourselves whilst making a difference.
- Taking part in sustainability events gives you lots of opportunity to be social, which is great for mental health!
- By planning fun activities around the sustainability calendar, you could even tick of some of your bucket list goals, such as being sponsored to climb a mountain.

3 Hot Tips:

- There are plenty of dates to choose from, so pick out three that you and your family would enjoy doing most, depending on your lifestyle, hobbies, or goals.
- Join a social media group on sustainability, or network with other families, to find out what local events you could get involved in.
- Log sustainability events in your calendar and make sure to carve time out to do something fun to acknowledge it.

Fresh Futures in Action

As part of our action plan, we recognise several sustainability dates throughout the year including National Children's Gardening Week, Bike Week & International Book Swap Day. Celebrating these dates helps us to spread the word on the importance and the benefits of sustainability.



Use Eco-Friendly Materials

About:

Eco-friendly items and materials are defined as those which are not environmentally harmful. They promote green living or green manufacturing methods that lessen the amount or types of resources used. In short, eco-friendly products help the earth rather than harm it. In order to be sustainable, it's really important to favour eco-friendly materials over more harmful ones such as plastic and polystyrene.

The Benefits:

By opting for eco-friendly materials, you can save money over the life of a product or service as your high-quality product will last much longer than a cheaper, single use or short shelf-life item. There are also several health benefits associated with eco-friendly products, as cleaning and make-up products that are plastic or chemical free.

3 Hot Tips

- Always check the labels as many products that recognise the 'trend' of eco-products may advertise in a 'green' way but not actually be eco-friendly.
- When reading ingredients on the back of a food packet or cleaning product, a good rule to follow is 'if you can't easily pronounce the ingredient, it is less likely to be eco-friendly'.
- When clothes shopping, look out for organic or recycled cotton, vegan leather, recycled polyester and wool. These are also very durable materials so will last longer than other, cheaper materials.

Fresh Futures in Action

In order to meet our sustainability goals, we seek to source eco-friendly materials from local suppliers as much as possible when planning refurbishment and renovation work to our office buildings and community spaces.



Reduce Food Waste

About:

Food "waste" refers to food that is fit for consumption but consciously discarded at the retail or consumption phases. In the home, this is commonly due to purchasing food that is not eaten, and then thrown away. It's not only very unsustainable, but costs UK households from £250-£400 a year! *(WasteManaged.co.uk)*

The Benefits:

Wasting less food can have a healthy impact, as most of the food we throw away is fresh. If we can plan our meals to incorporate every fruit and vegetable item in the home, we can get closer to achieving our 5 a day. It's also of course much more cost-effective to only purchase food that you will consume. What's more reducing food waste is good for the environment, as food sent to landfill results in higher levels of methane.

3 Hot Tips:

- Plan your meals each week taking into consideration what you already have at home and prioritise things that can go off fastest.
- Don't get pulled into supermarket special offers. For instance, do you really need to buy '3 for 2' or could you spend half the money and just buy one?
- Keep a waste log of food you throw away and it's value. After a very short time you will see the wasted cost adding up, and be more likely to think twice next time you are shopping.

Fresh Futures in Action

We are in the process of installing several compost bins to encourage the most sustainable disposal of peels and other food items which we can then use to help our garden flourish. At our college, pupils regularly tend to an allotment where they grow vegetables which they cook during food tech lessons.



Talk to your local council

About:

Wherever you live, your local council will have a plan to develop the sustainability of their communities. These plans are usually accompanied by timelines and goals - and you can find all the details of these on your local council's website. But it's important to recognise that the plans of local councils are not guaranteed, and they will rely - to an extent - on the general public to tell them what is most important, and help them prioritise change.

The Benefits:

By communicating with your local council you can make a real impact on the community that you live in. Councils listen to the public, so the more people that raise an issue, the more that issue will become a priority. If you can influence sustainable changes in your area, you can help boost your community's economy, attractiveness and overall success to deliver an improved way of living for everyone.

3 Hot Tips

- Councils listen to the public, and respond to an action plan for whatever the public are talking about most. Therefore, it's always important to make your local MPs know that sustainability is important to you.
- If you recognise that your council could be doing more for sustainability, call them out on it by email, or - even better - publicly on social media.
- Take part in local government surveys and make a point to highlight the importance of their environmental responsibilities.

Fresh Futures in Action

Fresh Futures engages regularly with Kirklees Council to ensure our charity stays up to date on opportunities and incentives that can help progress our sustainability action plan. We are also fortunate to be linked with a constituent of the Green Party who influences and advises our Sustainability Forum.



Recycle Correctly

About:

We all have several waste bins at home, whether you have different bins for different types of recycling or one main recycling bin, it's extremely important that we recycle correctly. There has recently been a huge surge in 'wishful recycling' whereby people 'assume' that items are (or should be) recyclable and so put things in the recycling bin that actually causes contamination and can lead to whole trucks of recycling being sent to landfill instead. The most important thing is to be 100% confident that what you put in the bin is actually recyclable; and when in doubt, look it up, or put it in the general waste. You might be surprised to find out what is actually not recyclable in your area.

The Benefits:

Recycling correctly means that your general waste bin is much less likely to get too full too quickly. Recycling is the most sustainable way to get rid of waste. Whilst recycling properly does require investing a little time into learning the dos and don'ts, knowing how to recycle is a great skill to have and to pass onto your family.

3 Hot Tips:

- When in doubt, check! There are many things that may seem like they can be recycled but actually can't be. Some councils may not recycle specific items, even though they are technically recyclable. The best way to ensure that you don't contaminate your recycling bin is to **double check on your local council's website**.
- Stick with it! Whilst it can be a bit tricky to get used to recycling properly at first, the more you stick with it, the quicker you will be able to do it.
- When shopping, opt for the products with the least packaging or clearest recycling instructions, to reduce the amount of waste that is even needed to be recycled.

Fresh Futures in Action

We are constantly expanding and improving our on-site facilities. We regularly send emails and newsletters to employees and tenants to educate everyone on recycling 'dos and don'ts' to ensure that we don't contaminate the bins.



Buy Local

About:

Much of what we purchase either online or in the shops, has travelled a long way to get to us. Items like non-seasonal fruit can come from South America and Africa, clothing can be shipped in from China and India, and wines can come as far as California and Australia. The problem with our world-wide shopping, is that it comes at a great cost to the environment, and in some cases contributes to poor working conditions.

The Benefits:

- By purchasing food and other goods that are produced locally you stimulate the economy in which you live, including through the creation of greater job opportunities in your local area, as local communities thrive.
- Buying locally grown products is healthier as they use less pesticides needed to keep them ripe/appear fresh. What's more, the use of fresher ingredients often means better quality dishes, improving the customer experience.

3 Hot Tips

- Find out what fruit and vegetables are in season, as these will be the most cost-effective fresh food items to purchase from your local shop, and they will also taste the best when in season.
- Check the packets when shopping in larger supermarkets and steer away from items that have travelled the furthest to avoid a large carbon footprint, and the presence of more pesticides and other chemicals.
- Head to charity shops, or check out eBay or Facebook marketplace based on distance from your address, to find local bargains at a fraction of the price when ordered bespoke from overseas.

Fresh Futures in Action

As part of Fresh Futures sustainability action plan, we are committed to shopping more locally, as much as possible.

This includes using local sustainable florists over e-florists, and reducing our use of websites such as Amazon, in favour of supporting smaller, local shops where our communities live.



Save Water

About:

Increasing global temperatures and a reduced amount of rainfall in the summer months, combined with an increasing population in the UK is leading to more frequent water shortages that affect all UK households. Water takes a lot of energy, time, and money to filter and clean so that it's drinkable and using water unnecessarily through our taps, means that the water is being taken from somewhere else where it could be ore naturally beneficial to the environment.

The Benefits:

Saving water will save you money on your bills by using less energy to heat and pump water. Using less water can also reduce the frequency and duration of water shortages in your local area. What's more, reducing water wastage means less water is diverted from our rivers, bays, and estuaries, which helps keep the environment healthy.

3 Hot Tips:

- Check out your water provider's website for access to free resources that will help reduce water use at home for the long term. (E.G. [Yorkshire Water Free Resources](#))
- Favour showers over baths to instantly save a significant amount of water that will support a lower water bill.
- Always turn off the taps when shaving, brushing teeth and washing up. Keeping them running during these small tasks, can use up to 20 times more water! If you can, opt to use a dishwasher as running a fully-loaded dishwasher is cheaper than washing up by hand!

Fresh Futures in Action

Throughout 2024, we will be seeking to install water-saving tools to reduce unnecessary water wastage. This ranges from tap controls that limit the water pressure from taps, to cistern blocks to use less water to flush toilets, and of course, informative signs to help people work towards our water-saving goals.



Reduce Paper Use

About:

We know that paper comes from trees, and that we need trees for oxygen. Whenever we cut down trees for our own needs, we contribute to deforestation and negatively impact the planet. The good news is that reducing paper is one of the easier sustainable actions to take, as in recent years, it has become exceptionally easy to go paper-free or at least significantly reduce the amount of paper we use. Nowadays, we can 'opt out' of receiving paper statements, post, and we even read more e-books than ever. Every little adjustment counts and you may be surprised how many you have already done!

The Benefits:

Using less paper is not only cost effective (it's not just the paper but the ink, printer costs, etc.) but it also helps clear up a lot of space in the home. Take a look - you might be surprised at how much paper you have around the home - from bills to post-it notes.

3 Hot Tips:

- Think before you print. Do you really need to print those tickets/photos/meeting notes, or can you access them easier digitally?
- Switch to apps for note taking, journaling, etc. Not only can these be stored safer and edited easier, but it saves you buying more notebooks, notepads and stationary!
- When you really do need to use paper, opt for paper you are certain is recyclable, and make sure it goes in the right bin when you're done!

Fresh Futures in Action

We are conscious about the amount of paper we use, and many of our services are already running almost completely paper free. Instead of using paper, we opt to process things digitally, and use Microsoft Teams for the majority of our meetings and day-to-day operations to keep our paper needs low.



Eat & Drink Sustainably

About:

What we consume on a daily basis has a huge impact on our carbon footprint and is a contributor to climate change. Food and drinks that are considered sustainable are those that require less land and water to grow, that don't negatively impact soil quality, and that don't release emissions/require chemicals when being grown. That's why things such as meat and dairy (plus other items like rice, sugar and palm oil) are usually considered hugely unsustainable, (growing live animals requires a significant amount of (unnourished) land and water, whereas the same land and water could produce plant food for far more people, with a much smaller impact).

The Benefits:

Opting for a more plant-based diet has huge health-related benefits. Many studies have found that those who avoid meat - especially red meat - have lower risk of heart related diseases and weight problems. Given the cost-of-living crisis, it is also recognised that many meat/dairy alternative products are much cheaper than the original items, and contain just as much as - or more - nutrients such as protein.

3 Hot Tips:

- Mix up some of your usual recipes with meat alternatives, you might be surprised how similar the taste is.
- Choose one day of the week, one week in the month, or one month in the year (such as 'Veganuary') to eat only meat-free or plant-based meals and log how you feel after those days (healthier, more energetic, clearer skin...).
- Remember the NHS recommend that you eat a variety of around 5 different fruit and vegetables every day. There are no recommendations for eating a variety of meat or dairy.

Fresh Futures in Action

Brian Jackson House's on-site café run by Healthy Hearts Huddersfield serves up a mainly vegetarian & plant based menu, helping everyone get their 5 a day easier. We also encourage meat-free cooking in our college food tech classes, and provide non-dairy milk in our office kitchens for staff.



Quit Smoking/Vaping

About:

Smoking and vaping are incredibly unsustainable habits that also cost the UK hundreds of pounds per person each year. Smoking cigarettes is an addictive habit which produces smoke which is harmful for the environment plus the smoker and those around them. The health impact of vaping is still not determined, but the undeniable fact is that vaping is an environmental threat as they are culprits of plastic and chemical pollution. As the use of vaping increases, so does the threat to the planet.

Benefits

The two key benefits to not smoking or vaping are health and financial. Those who smoke are much more likely to suffer from respiratory or other fatal medical conditions, experience weight gain, and poor skin and teeth conditions. Children who live with smokers are also more likely to take on the habit and experience the negative side effects themselves, as well as experiencing second hand smoke/vape fumes.

3 Hot Tips

- If you would like to give up vaping or smoking, speak to your GP who can give you free professional and confidential advice tailored to your own lifestyle.
- Look out for 'triggers' that cause you to smoke. This could range from working patterns, to stress. Once you identify these, you can think about how to avoid them.
- Start small. Rather than trying to quit something 'cold turkey', try slowly reducing the amount you smoke/vape overtime, and celebrate your achievements as you work towards quitting completely. You could use the money saved on cigarettes or vapes as a motivator, with a reward at the end of the day, week or month.

Fresh Futures in Action

Fresh Futures alternative provision schools operate a no tolerance approach to smoking and vaping on both sites, and support all students who wish to quit as much as possible.

Fresh Futures also has a blanket ban on smoking in and around the workplace.



More Information

Click on any of the below titles to be redirected to a reliable website and learn more about how making some sustainable changes could have a huge impact on the environment, your health, and your pocket!

[Kirklees Climate Emergency](#)

[Kirklees Council What Can I Recycle?](#)

[Calderdale Council Waste and Recycling](#)

[Yorkshire Water Sustainable Resources](#)

[Tips for a Bio-Diverse Garden](#)

[Keeping Your House Warm & Reducing Energy Bills](#)

[Quick Tips to Save Energy at Home](#)

[Top 10 Water Saving Tips](#)

[Which Items Can't Be Recycled?](#)

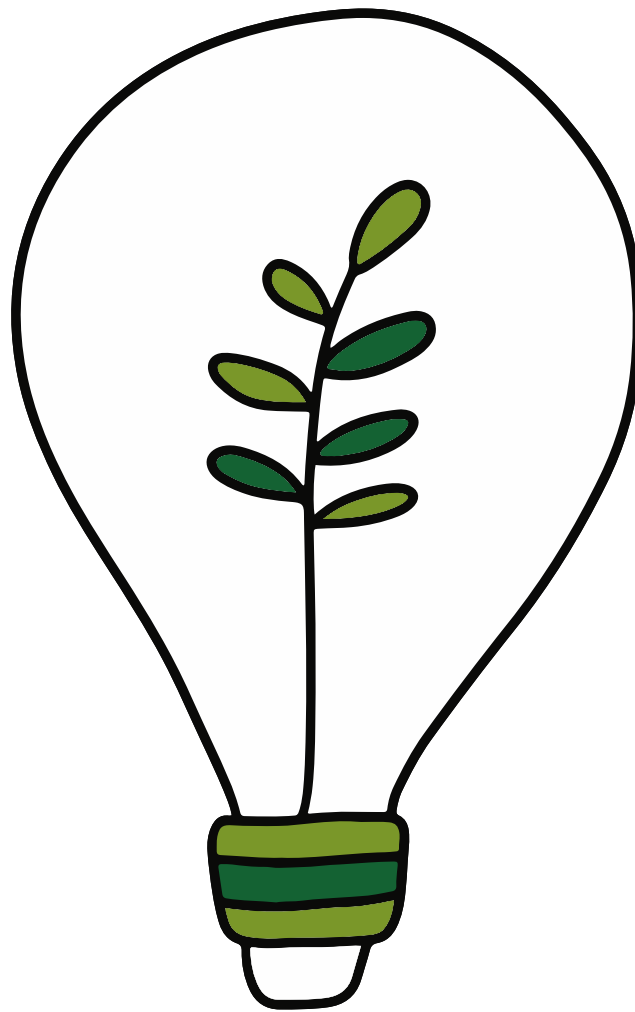
[Kirklees Food Hacks To Reduce Food Waste](#)

[How To Make a Compost Heap](#)

[What You Need To Know About Single Use Plastic](#)

[Environmental Awareness Calendar](#)

[Fresh Futures's Sustainability Webpage](#)



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**FRESH
FUTURES**

Improving lives, inspiring change