

THE  
NORTHBANK



TRAFALGAR SQ · STRAND · ALDWYCH

presents



# LIVE LOW-WASTE

RECIPES AND TIPS  
TO LIVE SUSTAINABLY

created by



SUNNY JAR  
eco hub

## The Northbank Business Improvement District (BID)

brings together a diverse community from academia, corporate, culture and hospitality. In recent years, we have worked with the business community to reinvigorate this extraordinary part of the capital, by hosting various workshops and panel discussions, on a number of themes, including positive well-being, education and wise-giving activities.

Working with social enterprise Sunny Jar, we have devised this low-waste living guide, to help you take a step in the right direction towards sustainability.

**Facebook, Twitter, Instagram @TheNorthbankBID**

**Website [thenorthbank.london](http://thenorthbank.london)**



THE  
NORTHBANK



TRAFALGAR SQ · STRAND · ALDWYCH

## CONTENTS

<b>Green clean</b>	<b>4</b>
All purpose cleaning spray	8
Bicarbonate of soda	10
Toilet cleaner bombs	11
<b>Natural beauty</b>	<b>12</b>
Kitchen cupboard beauty	14
Oat bath soak	15
Coffee grounds scrub	16
<b>Low-waste food</b>	<b>18</b>
Veggie stock	20
Energy balls	21
Shopping unwrapped	22
Thrifty kitchen	23
<b>Eco-gifting</b>	<b>24</b>
How to eco-gift	26
Fruit peel tea	27
Low-waste gift wrapping	28

### Copyright notice

This e-booklet and its content is copyright of Sunny Jar Eco Hub  
© Sunny Jar Eco Hub 2020 All rights reserved.

Any redistribution or reproduction of part or all of the contents in any form is prohibited other than the following:

You may print or download to a local hard disk extracts for your personal and non-commercial use only.

You may copy the content to individual third parties for their personal use, but only if you acknowledge the e-booklet as the source of the material.

You may not, except with our express written permission, distribute or commercially exploit the content. Nor may you transmit it or store it in any other website or other form of electronic retrieval system.



# LOW WASTE LIVING

We buy, we use and we throw away.

London households, businesses and public buildings currently produce up to 7 million tonnes of waste per year. Recycling rates are at a standstill. Landfill and incineration are costly and inefficient- the London waste bill is £2 billion annually and continues to rise.

So what can we do to reduce our environmental impact on our beautiful world? How can we make changes in our busy lives?

We want to inspire you to rethink your waste, reduce what you consume and reuse what you have, making low waste living easy and accessible for all. This simple guide will give you tips and ideas to start your low waste journey.

We hope that as you shift to a sustainable lifestyle, you will explore different ways to take care of yourself and the environment, whilst enjoying and sharing your new skills and knowledge with others.

**Rethink, Reduce and Reuse Together  
With Sunny Jar Eco Hub.**





# GREEN CLEAN

Most mainstream cleaning products are filled with toxic chemicals that can be dangerous for our health and the environment. The good news is that we only need a few common and inexpensive ingredients to efficiently clean our homes.

Making our own cleaning products is a great way to reduce excessive packaging, take care of our health and it's better for the planet.





# All Purpose Spray

**Ingredients**  
500 ml white vinegar  
2 or 3 used lemons  
500 ml water

## Directions

Collect your used lemons in a large jar and cover them with the vinegar and secure the lid.

Let the jar sit for 2 weeks.

Strain the vinegar (you can save the lemons for your next batch)

Combine equal parts water and lemon vinegar in a spray bottle. Your spray is ready to use!

Spray on surfaces and wipe clean with a damp cloth.  
Great for bathroom and kitchen surfaces.


For a different scent, you can substitute the lemons for sprigs of rosemary, pine needles or lavender.

Do not use on marble or natural stone, as the acidity in the vinegar will dull stone surfaces.



The acidity of vinegar makes it a natural disinfectant. Its strong smell disappears after a few minutes. We like to infuse ours with lemon to leave a lovely fresh scent.

  
**Upcycling Tip**  
Save your old spray bottles to reuse

  
Clean the bath with citrus peels and salt! Use a citrus peel and a 1/4 cup of salt to scrub away rust and stains. Rinse with warm water.



## Bicarbonate of soda

Bicarbonate of soda is a natural substance that is useful for a multitude of household tasks.

### Deodorizing

-Sprinkle over **carpet, upholstery** or the **inside of shoes** and leave for a few hours before vacuuming to freshen and **get rid of smells**.

-Keep an open container in the back of the refrigerator or cupboard for a simple **air freshener**

### Cleaning

-Sprinkle around the **sink** or **bath tub** and scrub with a damp cloth. It works as a **mild abrasive** and cuts through grease.

-For **tough cleaning jobs**, such as the oven or burnt dishes, make a paste with 3 parts bicarbonate of soda and 1 part water. Spread over the surface, leave for an hour or so, then wipe clean.

-To help **unblock the sink**, put 3 tablespoons down your drain, followed by a cup of vinegar. Leave for as long as possible then rinse with boiling water.

-Give **laundry a boost** by adding a ¼ cup to your usual detergent.



Turn a old jar into a bicarbonate of soda shaker by punching some holes in its lid



## Toilet Cleaner Bombs

### Ingredients:

**Makes ~ 1 ice cube tray**

1/2 cup bicarbonate of soda

1/4 cup citric acid

5 drops of essential oils



### Directions

In a mixing bowl or large jar, combine the bicarbonate of soda and the citric acid using a spoon, avoiding contact with your skin.

Add essential oils, such as tea tree, eucalyptus, peppermint or lemon. Mix well.

Place the mix in an ice tray to make toilet cleaning tablets and leave overnight to set.

For sparkling clean toilets, drop one tablet in the toilet bowl and leave to work overnight. Use the all purpose vinegar spray for cleaning the outside of the toilet bowl and the seat area.



Time saver

Keep bicarbonate of soda and citric acid separately in your cleaning kit. When needed, put 2 spoons of bicarb and 1 spoon of citric acid directly in the toilet.



# NATURAL BEAUTY

Bathroom bins can quickly fill up with plastic packaging and single use items like wipes and sanitary products. Reduce waste by using reusable products like cloth wipes and flannels. Experiment by making your own cosmetics using natural and easily available ingredients. Finally, simplify your routine and embrace your natural beauty.



## Kitchen cupboard beauty

Turn to your kitchen cupboards to find ingredients to make your own beauty products.

Oats, honey, coffee, yogurt, avocado, banana, citrus or sugar have **nourishing** or **exfoliating** properties that benefit your skin.

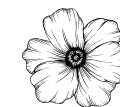
**Use oils** such as olive oil, almond oil, avocado oil, coconut oil as a moisturiser or make up remover.

Oats are a great natural cleanser and moisturiser as it doesn't strip natural oils and helps to soothe dry and sensitive skin.

**Avoid disposables** in the bathroom by investing in **reusable toiletries**, from razors to face wipes to washable menstrual pads.



## Oat bath soak



If you don't have a bath, treat yourself to a luxurious foot bath.

### Ingredients

for one bath  
(x10 to make a jar):  
2 spoons of oats  
1 spoon of orange peels or lavender or eucalyptus leaves  
1 drop of essential oils (orange or lavender or eucalyptus)  
1 piece of fabric roughly 20cm x 20cm, preferably a thin cotton (use whatever you have lying around- old clothing cut up is fine) String/Twine

### Directions

Place the fabric on the table and put the oats in the middle, add the peels or leaves and preferred essential oil. Tie up with cotton string or twine.

Drop the bag directly in your bath and let infuse for a few minutes. Soak and enjoy the soothing properties of oats and essential oils.

After, you can use the oats to gently exfoliate your skin before composting. Reuse the fabric for your next bath soak.



# Coffee Grounds Scrub



\*For a longer shelf life  
dry your wet coffee  
grounds at 100°C  
in oven for 20 min.

## Ingredients

to make a sample (x10 to  
make a jar)  
2 spoons of coffee ground  
waste\*  
1 spoon of sugar  
2 spoons of oil (olive,  
coconut or sweet almond)  
a glass jar with a secured lid

## Directions

Combine everything in a glass jar and store at room temperature.

Apply the scrub all over your body 1-2 times per week. Particularly amazing for dry feet! You can replace the sugar with honey to use on your face or on delicate skin.

If you don't drink ground coffee, ask your local cafe for a few scoops of their used coffee grounds- they will be happy to oblige!



Coffee is full of antioxidants that help to stimulate blood flow and boost cell regeneration. The perfect ingredient for our natural body scrub.



Create  
a mask combining coffee  
grounds with coconut  
milk to minimise dark  
circles and reduce  
puffiness under  
the eyes.







# LOW-WASTE FOOD

Plastic food packaging and food waste make up the majority of household bins. Valuable resources are required to get food onto our plates, including water, land, energy and packaging. Yet tonnes of edible food is thrown away every day in the UK.

We can all take a few steps to minimise this, by being thrifty and creative to make the most of our food and help the environment!





# Veggie Stock

## Ingredients

### For 1 litre of stock

2 cups of veggie scraps  
(Veggie peelings, stalks, leaves)  
Bay leaves, thyme  
Salt & pepper  
Garlic and onion (optional)



## Directions:

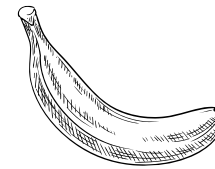
Collect clean veggie scraps such as carrot, onion, garlic, celery, courgette, and sweet potatoes. The taste of some brassicas (cauliflower, cabbage, broccoli...) can be overpowering, so use sparingly.

Add all the ingredients to a large pot and cover with water. Bring to a boil, then simmer on low for 30 minutes or longer for maximum flavour. Strain the stock and discard the vegetables (compost them!).

Use the stock immediately in soups or to flavor pasta, rice or beans. Otherwise let it cool and freeze in freezer-safe containers. When you're ready to use the stock from frozen, thaw in the fridge the day before.



Freeze veggie scraps to keep them fresh until you have enough to make the stock.



# Energy balls

## Ingredients

### For 15 balls

1 overripe banana  
1/4 cup nut butter  
1/4 cup honey or maple syrup  
2 cups oats



## Directions:

Mash banana with a fork in a large bowl. Add the rest of the ingredients and stir everything together. Cover and place bowl in the fridge for 30 minutes.


Roll mixture into tablespoon-sized balls. Place back in the fridge for another 30 minutes. Enjoy immediately or store in the fridge for up to 2 days.

Make your energy balls extra tasty by rolling them in a coating, such as cocoa powder, coconut, crushed nuts or cinnamon sugar.

This recipe is extremely flexible, so get creative with whatever you find in cupboard (dried fruits, nuts, spices, seeds). Variations we love: chocolate chips, raisins, cinnamon and sunflower seeds.

## Shopping Unwrapped

Pack a reusable shopping kit with reusable shopping bags, cloth produce bags and takeaway containers or jars for loose items.

 **Avoid disposables** by bringing your own water bottle, reusable coffee cups or cutlery when you eating out.

**Choose recyclable packaging** where possible

**Shop loose.** In the supermarket or small independent shops, look for unpackaged food from fruits and veg to bakery items.



**Visit Zero-waste shops** and bring your own container to buy exactly what you need, with a range of products from dried foods to beauty ingredients.

**Start or join a food buying group.** A food buying group is a great way to buy good food at affordable prices, whilst reducing unnecessary packaging.



The fashion industry is a huge polluter. Reduce your fast fashion purchases and upcycle old clothing, by making these handy reusable produce bags.



## Thrifty kitchen



Save money and food waste by meal **planning** and sticking to a **shopping list** and buy only what you will eat.

### Foraging

Look around for free seasonal wild food. Nettles, wild garlic, rosehips are growing in our parks and woodlands

**Shop your fridge and cupboards.** Make do with the ingredients you already have, use up food before it spoils and minimise your shopping bill.

**Get creative** with leftovers by reinventing them into new dishes, using spices or herbs and additional ingredients. Check online for ideas and inspiration.

Trial a **local veg box** or **get milk delivered.**

It's a great opportunity to buy local and reduces the need to go to the shops, thus stopping you adding unnecessary items to your shopping trolley and saving money overall.

Join the **food waste movement**, by donating excess food to your local food bank, trial food waste apps such as Olio and Too Good To Go or order a wonky veg box with Oddbox.

### Composting

Compost is a natural organic way to recycle food scraps and prevents unnecessary waste from landfill and incinerators. No space? Worm compost bins fit on balconies and patios.





# ECO-GIFTING

Giving gifts for birthdays and special celebrations are a joyful part of our lives but it can contribute to massive amounts of waste, such as discarded wrapping paper and unwanted presents. Let's show our gratitude and love by getting crafty and making personal gifts. Blend unique tea to enjoy together and create memories instead of waste.

## How to eco-gift

Buy **second hand**. Try charity shops or online sites such as Ebay, Gumtree or Facebook marketplace. One of our favourite gifts to give is nearly new books.

**Think about the longevity of the gift** and what will happen when it's no longer used. Does it last a generation or more? Is it made from **natural materials**? Can it be recycled?

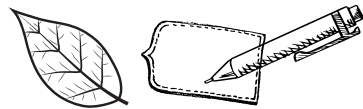
**Support local** businesses and the local economy. Markets are a great place to get unique gifts from local makers and creators.

**Gift time and experiences** instead of things. Take your loved one out to lunch or for a walk, or enjoy a special activity together.

**Homemade gifts** are thoughtful and personal. Cook or craft something that you'll know the receiver will enjoy. If you're not a maker, what about propagating plants to gift?



Fill jars with sweets, homemade biscuits or infused oils. Decorate with a pretty tag to make an easy, personal and inexpensive gift!



Save money by **making your own gift cards and gift tags**. Upcycle old cards, use natural materials such as leaves for a biodegradable gift tag and be creative with materials around the house.



## Fruit Peel Tea



### Ingredients

2 part tea leaves	2 part orange peel *
1 part Cinnamon	2 part apple peel*
1 part Cardamom	1 part Peppercorns
1 part Star Anise	1 part Cloves

\*We recommend using organic citrus and apples as chemicals can be found on the peel of non organic fruits. Dry peels in the oven at 100°C for about 40 minutes or hang the peels or herbs in a warm dry space to air dry for a couple of days.

### Directions:

Combine all ingredients in a clean glass jar. Make as much or as little as you want using the ratio supplied for a deliciously balanced blend. Use black or green tea leaves, rooibos tea or dried nettle leaves or enjoy the spices and fruits on their own. Feel free to add more or less spices and experiment to make your own blend to suit your taste!

To brew a cup of tea, place 2 teaspoons of your blend into a teapot or tea strainer and steep in hot water for 3 minutes.







# Low Waste Gift Wrapping

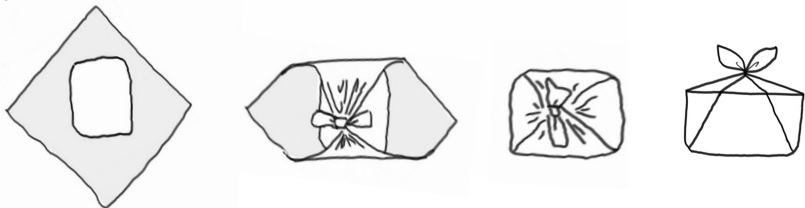
**Furoshiki** is a traditional Japanese wrapping technique using cloth for gifting and transporting items. It is the perfect, reusable solution to replace the reels of wrapping paper that can otherwise fill our bins. Create your furoshiki by upcycling fabric offcuts, old clothing, bed linen and more. Common sizes are 50cm square or 70cm square.

When wrapping an object, place your chosen fabric diagonally to the item/object. Take two opposite corners and tie them together. Take the other two corners and tie them together with the existing knot.

For **alternatives to fabric wrap**, save colourful magazine or newspaper pages to use as gift wrapping. Collect brown paper packaging and decorate to make your own or simply save gifted wrapping paper and reuse. Use paper tape or a natural string such as cotton or jute to secure.



Forage for natural materials such as leaves, berries and flowers to decorate gifts.





SUNNY JAR  
eco hub

**Sunny Jar Eco Hub** is a social enterprise with a mission to reduce waste by making low waste living easy and accessible for all.



They run low waste living workshops around London, with a focus on craft, upcycling and wellbeing. The Sunny Jar ethos is to reduce waste and live more sustainably with less plastic. They want Londoners to rethink their waste, reuse what they've got and upcycle. Sunny Jar also help deliver community projects, raising awareness on the impact of plastics and waste in the environment.

A sustainable textiles artist and educator, Maud has been living low waste for a number of years and is a keen upcycler, creating beautiful weaves, jewellery and bags from waste materials.

Linda is a public health professional who combines her wellbeing knowledge with the use of craft. She wants to share her passion of sustainable living with others, as a healthy person can only exist within a healthy environment.

## Join the Hub

f @sunnyjarecohub

[www.sunnyjarecohub.com](http://www.sunnyjarecohub.com) (*website coming soon*)

## Useful Online Resources

Friends of the Earth Living Without Plastics

<https://friendsoftheearth.uk/plastics/living-without-plastic>

Zero Waste Near Me Online Directory

<https://www.zerowastenear.me/>

Love Food Hate Waste

<https://www.lovefoodhatewaste.com/>

Sustain Food Co-ops

<https://www.sustainweb.org/foodcoops/>

Forage London

<https://www.foragelondon.co.uk/>

1 million Women How To Furoshiki

<https://www.1millionwomen.com.au/blog/how-furoshiki-japanese-fabric-wrapping/>

## Inspiring Reads

*Zero Waste Home* by Bea Johnson

*How Bad Are Bananas? The Carbon Footprint of Everything*  
by Mike Berners-Lee

**Photo credit Gita Dutaite @gitalandphotoart**

**A huge thank you to Rebecca Rice for her hard work helping creating this booklet.**

After you read me, please  
pass me on to a friend to  
inspire them on their  
low waste journey.