Eco-congregation Scotland

in cooperation with

Zero Waste Scotland

and

Energy Saving Trust

Zero Waste Workshops

Love Food, Hate Waste and Love your clothes

These are "cascade" workshop to equip you to run similar events in your own church or community

These 2 workshops will be offered free in

- **Inverness (Ness Bank Church)**
- **on Friday 8th February 2019)**

Read on for more detailed information ….

Booking essential: see over for details

Eco-Congregation Scotland is a Scottish Charitable Incorporated Organisation (SCIO) regulated by the Scottish Charity Regulator (OSCR), Scottish Charity number: SC041287

Love Food, Hate Waste

Did you know that Scotland bins more than 2 million slices of bread every day?!

Take advantage of **Love Food Hate Waste** training to help you:

- save up to £460 a year by reducing food waste at home
- adopt new habits and be more efficient
- play a part in creating a healthier, greener Scotland
- **share what you learn with your friends and church**

Funded by Zero Waste Scotland and delivered by Energy Saving Trust.

The training is practical and fun, providing ideas and information to put into practice at home.

You'll get a free food waste saving pack to take away to help you put in practice the tips you learn at the session.

Feedback from Edinburgh Leisure staff who undertook the training:
"Very good, I'm going home to grate my cheese for the freezer… thanks" "I have learned some new tricks"
"…All of it, it was really informative. To freeze or not to freeze was fun too…"
Feedback from Webhelp staff who undertook the training:
"Interactive and interesting"
"I have learned a bit more on how to save waste, I throw out things through fear of getting sick, but now realise it can be frozen." "Interactive, fun facts" "Very informative and clear"

Love Your Clothes Workshop

Take advantage of **Love your Clothes** training workshop to help you:

- learn how to make the most of your clothes
- save money and space
- keep your clothes for longer, and
- **share what you learn with your friends and church**

Funded and delivered by Zero Waste Scotland.

The training is practical and fun, providing ideas and information to put into practice at home.

You'll leave with the tools (presentations, handouts etc) and knowledge to promote the campaign in your community and make changes within your own household.

Where and when?

- Ness Bank Church, 1 Ness Bank, Inverness IV2 4SA
- On Friday 8th February
- 10.30 -12.30: Love Food, Hate Waste
- 1.30 - 3.30: Love your clothes
- You can register for either or both workshops.

Tea/coffee will be provided. Either bring your own lunch or go out for lunch between workshops if staying for the whole day.

Dates don't suit you?

We are also running the same workshops at

- St.John's Church, Bonnygate, Cupar, KY15 4BY
- on Tuesday 5th February

and

- Stirling Baptist Church, 67 Murray Pl, FK8 1AU
- on Saturday 2nd February

To book:

Send booking form, or name, address, church, contact details, and which workshop(s) you wish to attend, to:

coordinator@ecocongregationscotland.org

or phone 07950 244329

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