

BRITAIN'S BEST home cook

GREEN NEWSLETTER RX1 & RX

Thank you to everyone who's been supporting our efforts to make this production more sustainable! We've been improving every day, but we can still do better! Here's some of the great things that have been happening...



Coffee Cups

Most people have been doing an amazing job at using their reusable coffee cups. It may seem like a small thing, but we've estimated that over a filming day we can save approx. 225 cups going to landfill!

Water Bottles

Hopefully you're all enjoying having your reusable water bottle. Similarly to the coffee cups we estimate that on a filming day we save approx. 225 plastic water bottles!



It takes 36 oz of water (3 of your bottles) to make a 12 oz plastic bottle (1 of your bottles) so we're also saving loads of water!

FAYRE DOS CATERING COMPANY

You may have noticed some subtle difference in our catering from the start of the week to the end. Here's some of the small changes we've made to be more sustainable:

Reducing our single-use packaging

You may have noticed that we've swapped out sugar sachets for sugar cubes and salt and pepper sachets for salt and pepper mills.



Giving out plates and cutlery as standard

At the start of the week most people were being given their food in containers, a simple change to plates means we're saving approx. 150 food containers a day.



Using up our surplus pears!

You might remember they made us a delicious pear crumble after RX1!



FOOD WASTE & CITY HARVEST

According to the UN Food and Agriculture Organisation we waste a shocking 1/3 of all food produced for human consumption. We've already been working extremely hard to reduce our own food waste on the show!

We've donated **7 boxes of food** to SHOC. They're an incredible organisation that takes surplus food to feed the most vulnerable people in Slough. You can find out more on their website here:
<https://sloughhomeless.org.uk/>



Anything else left over went home with crew!

REMEMBER TO SEND US PHOTOS OF THE FOOD YOU MAKE WITH YOUR LEFTOVERS!

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GREEN ON SCREEN...

Here's a note from our amazing Series Director Sharon on being green on screen.

As programme makers we have a responsibility, where possible, to reflect our ethos around sustainability on screen in the same way that we practice it behind the scenes. Making a show about food and home cooking allows us to share this message somewhat effortlessly. Our scripting and producing has been considered in a way to encourage themes of sustainability.

In Chris's opening line in episode one, he explains he is hoping to see the cooks use their ingredients carefully and have nothing go to waste. Within the challenges we've also had a lesson in using every part of a pear from Mary and Chris for our pear novice Oli; and cooks being praised for using the leaves of the cauliflower in their dishes in last week's rustle up.

Some other changes we've made on screen include:

- Providing stainless steel water bottles for the cooks to use whilst on set
- Providing the cooks with beeswax wraps to use in place of cling film
- Using glass and/or reusable storage containers for ingredients
- Having our kitchens kitted out with food waste bins
- Encouraging the cooks to share our ethos when planning and preparing their recipes at home



WASTE MANAGEMENT

Waste management is arguably one of the hardest things to get right on a busy studio show because it only takes one person to contaminate a bag of good recycling and doom it for landfill. That means we all need to try our absolute best to make sure your rubbish is going in the right bin.

<p>VEGWARE FOOD WASTE CONTAINERS</p> 	<h1>FOOD WASTE</h1>	<p>The food boxes given out by catering can actually go directly into food waste because they're made from 100% plant based materials.</p>
<p>DRINKS CANS</p> 	<h1>DRY MIXED RECYCLING</h1>	<p>Please make sure the cans do not contain any liquid!</p>
<p>CRISP PACKETS</p> 	<h1>GENERAL WASTE</h1>	<p>Please empty any leftovers into the food waste bin first!</p>
<p>SWEET WRAPPERS</p> 	<h1>GENERAL WASTE</h1>	<p>Please empty any leftovers into the food waste bin first!</p>
<p>THIN CARDBOARD</p> 	<h1>DRY MIXED RECYCLING</h1>	<p>Please make sure there's no food inside!</p>

<p>PAPER</p> 	<p>DRY MIXED RECYCLING</p>	
<p>KITCHEN ROLL / TISSUES</p> 	<p>GENERAL WASTE / DRY MIXED RECYCLING</p>	<p>If the tissue is greasy or dirty then it'll go into <u>GENERAL WASTE</u></p>
<p>TEABAGS</p> 	<p>FOOD WASTE</p>	
<p>CLING FILM</p> 	<p>GENERAL WASTE / DRY MIXED RECYCLING</p>	<p>If it's greasy or dirty then it'll go into <u>GENERAL WASTE</u></p>
<p>Liquids</p> 	<p>DOWN THE SINK / IN THE BUCKETS</p>	<p>Please use the buckets provided by the bins. It can ruin a whole bag of recycling! (And it's not very nice for the people who have to change them)</p>
<p>General Food Waste</p> 	<p>FOOD WASTE</p>	