

Nov 08—Jan 09

Merseyside Environmental Trust

## As we approach Christmas, a few things to consider

### Eating and Drinking

Producing, transporting and consuming food is responsible for nearly a fifth of our climate change effects. Some foods have a much bigger impact on the environment than others.

### Look for the labels

Look for the labels to help you choose food that has been produced with the aim of reducing the negative impact on wildlife and the environment

### Buy fresh and in season

Buying food and drink when locally in season, and unprocessed or lightly processed food, is likely to mean that less energy has been used in its production. Providing it has been produced and stored under similar conditions, choosing food that has travelled a shorter distance will help to reduce congestion and transport emissions that contribute to climate change.



Around six in ten people in the UK say they are trying to waste less food

**Reduce your food waste**  
The average UK household spends £424 a year on food that goes in the bin - if this ends up in landfill it produces methane, a greenhouse gas judged to be more than 20 times as powerful as carbon dioxide in causing climate change. Throwing less food away produces less methane and reduces other harmful environmental impacts from producing, packaging and transporting food.

### Get composting

Composting food waste reduces

climate change effects. Many local councils offer subsidised compost bins or home collection for kitchen and garden waste.

### Recycling and cutting waste

Reducing, reusing and recycling waste saves on the raw materials and energy which are needed to make new paper, metal, glass and other items. Saving energy helps tackle climate change.

### Re-use and repair

Avoiding waste in the first place, by re-using and repairing items, is the most efficient way to reduce waste. For example, buy items that can be re-used

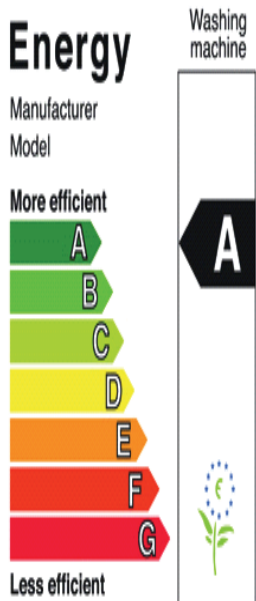
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### Special points of interest:

Cutting food waste will reduce these negative impacts - and composting any waste food will reduce climate change effects further.

Most of what we throw away could have been eaten. Love Food Hate Waste is a campaign from WRAP (the Waste and Resources Action Programme) that provides tasty leftover recipes, practical advice and top tips that helps us cut back on wasting food. Visit Love Food Hate Waste for more ways to love food and reduce our food waste.



## Understanding energy labelling

To make long-term energy savings, keep an eye out for labelling schemes that identify energy-efficient products, from light bulbs to washing machines. Look for the Energy Saving Recommended logo and the European Union (EU) Energy label which rates products for energy efficiency from A (best) to G (worst).ence.

The energy labels shown

here focus on products which make the best use of energy, and so perform well while saving on running costs and helping the environment. Reducing your energy use helps tackle climate change.

All European manufacturers and retailers must tell you about the energy efficiency of household electrical fridges, freezers, washing

machines, tumble dryers, washer-dryers, dishwashers, air conditioners, ovens and light bulbs. Products are generally rated from 'A' to 'G', with 'A' being the most efficient ('A+' and 'A++' for the most efficient fridges and freezers).



## Wider world labels

There are a number of schemes which focus on providing good livelihoods for people and protecting ecosystems and biodiversity in the places where the products come from. Here are two examples that you are likely to come across.

The Fairtrade Foundation awards the FAIRTRADE Mark to products that meet international Fairtrade standards. These include

long-term trading contracts and a price that covers the cost of sustainable production and living. Farmers and workers' organisations receive a premium to invest in social and environmental projects benefiting their communities.

The Mark appears on a wide range of certified products, including coffee, tea, fruit, cotton and footballs, and composite products like biscuits which include a

minimum percentage of Fairtrade ingredients.

The Rainforest Alliance works with foresters, farmers and tour operators to ensure that their goods and services are environmentally and socially responsible.

Its certified seal of approval appears on products including timber, paper, bananas and coffee which have been grown or made sustainably.



## Ecolabels

Ecolabels usually cover a wide range of environmental impacts, across the lifetime of a product, from production and use through to disposal. Some, like the European Ecolabel, shown below, apply to many different types of product.

This is an official Europe-

wide award for non-food products that minimise impacts on the environment. Products must be independently certified, and have to meet strict criteria for all the main environmental impacts across their whole life cycle.

In the UK products with the Flower label include household cleaners, kitchen rolls,

toilet tissue, paints and TVs

Some countries or areas also have national ecolabel schemes, like the Nordic Swan in Scandinavia and the Blue Angel in Germany.

You can find out more from the Global Ecolabelling Network.



## Food labels

These are examples of food labels that focus on environmental aspects of food production

### Linking Environment and Farming (LEAF)

The LEAF Marque is about Linking Environment and Farming. It is one of the approaches to farm management that gives you

the choice to buy affordable food produced by farmers who are committed to improving the environment for the benefit of wildlife and the countryside

### Marine Stewardship Council

The Marine Stewardship Council (MSC) has set an internationally recognised

environmental standard for sustainable and well-managed fisheries. It is based on healthy fish stocks, a thriving marine environment and effective management.

The MSC logo appears on over 80 products in the UK retail and foodservice sector.



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## Organic labels

Organic farming requires farmers to operate to a system based on ecological principles and imposes strict limits on the inputs like artificial chemical fertilisers and pesticides that can be used.

### Organic certification

The use of the word "organic" is controlled by law and can be used on food products only if they are

produced according to regulations, and farmers and processors must be certified by an approved organisation.

As well as the standards set out in regulations for organic food there are private standards used by authorised bodies for other products like textiles, cosmetics, wood products and composts. Compliance

with these standards is dealt with under general consumer protection law.

### Organic labels

There is no requirement to display a logo, but the certification number must be used in the labelling of certified organic products (eg "Organic Certification: UK 1"). Two examples of organic logos are shown here.



## Product-specific labels

As well as the more general ecolabels, there are green labels which apply only to specific types of products, for example paint or textiles. Here are two examples of labels you might come across.

These labels indicate the relative content of VOCs (Volatile Organic Compounds) in paints and associated products. VOCs cause air pollution and may be harmful to human health.

The industry and retailers have agreed wording and standards for the use of this voluntary label. More information is available from the British Coatings Federation. There is no standard logo, but many retailers use the form of logo shown here, which was developed by B&Q.

The Oeko-Tex Standard 100

is an international certification system for textiles and clothing, covering all stages of production. Labelled products are tested by independent institutes for an extensive range of harmful substances based on the latest scientific findings and legal regulations. All parts of labelled articles must meet the defined requirements



## Working together to protect the Environment on Merseyside

### Merseyside Environmental Trust

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We're on the Web  
[www.metnet.org.uk](http://www.metnet.org.uk)

The Trust was founded more than 21 years ago as 'an Alliance of Public, Private and Voluntary Agencies and Individuals working for the improvement of the Outdoor Environment in Merseyside'

**MET** still strives to raise environmental awareness across the region by dialogue, organizing public events and meetings in partnership with other like minded groups

**MET** has representation on panels and advisory groups that make decisions about our environment such as:

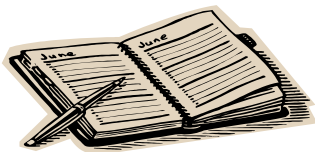
- \* Airport expansion
- \* Transport & Health
- \* Sustainability
- \* Mersey Estuary
- \* North West Environment Link
- \* Liverpool Community Environment Network
- \* Environment Agency.... *And many others*

**MET** works with schools and community groups to improve their local environment through Environment Wee offering practical help, funding and publicity advice

**MET** has produced guidance to living lightly and developing environmental policies.

**MET** is funded through subscriptions and donations and in kind by the University of Liverpool.. We are continually looking for new supporters committed to the need for an independent environmental voice in Merseyside.

### New Associate Membership Scheme



Dates for your diary...

Will be operational from Jan 2009, this will allow us here at MET to encourage new membership from companies, voluntary organization and other groups who have not been targeted for sometime. As part of our environmental pledge

we strive to raise awareness at every level and we feel that now more than ever before the need for awareness and support is on the increase.

If you or your organization would like more information in relation to Associate Membership then please do not hesitate to contact Lyn Lowther on lyn.lowther@ntlworld.com or call her on the above number.

A detailed pack will be sent to

you , this will include the other services MET are now able to offer as part of this Associate Membership scheme.

For those of you wishing to take up individual or family membership then please also contact Lyn or download the relevant forms from our website.

[www.metnet.org.uk](http://www.metnet.org.uk)

By working together we can bring lasting change to Merseyside for all to enjoy.