

Girlguiding North West England

Seasons of Sustainability

AUTUMN 2026

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Seasons of Sustainability

We're excited to share our Autumn 2026 Seasons of Sustainability activity sheet. The theme for this sheet is **Zero Waste Heroes** so join us on this super journey of reducing food waste.

Our aim for this activity sheet is to encourage our young members to think consciously about food waste and what preventative steps they can take to ensure they are consuming wisely.

Here's what you need to know:

Our Seasons of Sustainability badge is a flexible and fun approach to learning more about climate change. Young members only need to complete 2 activities from this sheet to earn the corresponding leaf.

Each activity sheet will be made available before the next upcoming season so you can fit this badge around any other planned unit activities.

You can complete this activity sheet at any point in the year.

Autumn 2026's badge icon is...



Beeswax Wraps (30 minutes)

Beeswax wraps are a great way to reduce food waste and also be more sustainable.

Beeswax wraps are biodegradable, made from natural materials, and keep food fresh! They are breathable and naturally antibacterial, and can be used for everything from covering bowls to wrapping sandwiches!

You will need:

- Fabric, cotton is best. This is a great project for using up little bits of fabric from previous projects!
- Beeswax. You can buy pellets online or speak to your local beekeeper!
- Food grade oil
- Pine Resin
- Greaseproof paper
- An iron or access to an oven
- Scissors or Pinking shears
- Chalk or pen



Firstly, you will need to decide how big you'd like to make your wrap, this means thinking what you would like to use your wrap for, this could be a bowl to store leftovers, or to wrap a sandwich.

Next, draw your shape on the back of the fabric, and then cut it out. You might need to help younger members. Now place the fabric on a piece of greaseproof paper, make sure it is larger than the fabric.

Sprinkle beeswax pellets (if you are using a block, it is best to grate it), crushed resin and drizzle a little oil over the fabric and put the second piece of greaseproof on top. Using a warm iron, slowly melt the wax.

Lift the greaseproof slightly and check the fabric is fully covered and looks wet. If you have used too much and it is lumpy just go back over with your iron. You can also do this in the oven – heat it to 80 degrees and make sure to use an old baking tray for about 8 minutes. Keep an eye on it to make sure the fabric is completely coated.

Peel the wrap from the greaseproof and lay flat to finish cooling. Your wrap is ready to use, and should last a year of regular use and care!

Care and Storage:

- Wash gently with cool water and mild soap; avoid hot water which can melt the wax
- Air dry completely before storing
- Refresh wraps by reapplying a thin layer of melted beeswax if they lose stickiness

Did you know a single roll of cling film can take up to 1000 years to decompose in a landfill?



Beeswax Wraps



Spread the word! (40 minutes)

Create your own 'How To Guide' on all the ways people in your local community can recycle leftover or unwanted food. This activity aims to inspire you to research how your local councils recycle food – if at all – and advocate for healthy, conscious food habits so we can support council's in their mission to keeping the planet safe and green!

You will need:

- Pens
- Paper
- Phone/ Device

For this activity, you will need to research what local policies your council has when it comes to recycling food before your unit meeting.

To begin, you should design and create your own poster/guide on how to reduce food waste in your local community.

Using facts and information from your research, you can design a resource to help promote composting, recycling and other methods of food waste recycling.

While designing, discuss with your friends your food waste habits and what actions you take to reduce food waste at home or at your unit meeting place.



This activity links into the Take Action Theme from the Girlguiding Programme.



Rescue Recipes

Every week in the UK, a huge amount of perfectly good food is thrown away. Research shows that the average UK household wastes nearly 8 meals' worth of food every week (around 3.2kg), often because it's gone slightly over-ripe or is close to the use-by date. [Ref: <https://www.ukharvest.org.uk/food-rescue/food-waste-facts>]

Across the whole country, millions of tonnes of food are wasted each year – much of it still edible.

In this activity, you'll work together to rescue short-dated or over-ripe ingredients by turning them into something delicious!

What you'll need

- A collection of 'rescued' ingredients such as over-ripe fruit or vegetables
- Some basic store cupboard essentials (such as flour, sugar, oil, stock cubes, dried herbs and lemon juice... depending on what you're making.)
- Chopping boards, knives and mixing bowls
- Possibly an oven or hob (if available.)

You can source ingredients by:

- Checking local supermarket shelves for reduced price items that are close to their sell-or use-by dates. Look for the distinctive yellow or orange stickers that are often used
- Using the 'Too Good To Go' App to buy and collect surplus food from local stores [toogoodtogo.com]
- Asking local greengrocers if they have any produce they can't sell
- Contacting a local supermarket's community liaison officer

What you'll do

Sort and explore.

Look at the ingredients you have. Which are over-ripe? Which need using up soonest? Talk about the things you could make.



Top tip
Don't throw it—transform it! Over-ripe fruit is often sweeter, and vegetables can still be perfect for soups and cooking.

Rescue Recipes (continued)

Plan your dish

In small groups, choose a simple recipe that will use some or all of your ingredients. Ideas may include:

- Fruit salad or smoothies (mix and match any fruit)
- Vegetable soup (great for odd veg!)
- Banana bread (perfect for very ripe bananas)



Get cooking

Prepare your ingredients safely. Chop, mix and cook your dish. You can find some great simple recipes online, using websites like BBC Good Food [<https://www.bbcgoodfood.com/>].

Remember – recipes are only ever a guide so get creative and adapt as you go!

Taste and share

Once ready, enjoy your creations together. What worked well? Would you change anything next time?

Don't forget to dispose of any food waste from this activity using an at-home compost bin or kerbside recycling scheme.

Take it further

- Talk about how small actions can help reduce food waste
- Share your recipes with family or your unit
- Challenge yourself to “rescue” food at home this week



We'd love to see
your creations, send us a
photo to
[abbie.ward@girlguiding
nwe.org.uk](mailto:abbie.ward@girlguidingnwe.org.uk)