



Media release

Thursday 3 March 2016

Find out more about waste-free parenting

On Wednesday 16 March Kate Meads, also known as 'The Nappy Lady,' is presenting a waste-free parenting workshop in Selwyn to talk about how to reduce the amount of rubbish we create in our households.

Talking about waste and educating parents about how to reduce their weekly rubbish output has become a passionate topic for Kate, mum of 11 year old Daniel.

Kate will talk about her own experience with a young baby in the house and how much waste her household was producing.

"We filled our wheelie bin every week with nappies, food waste, packaging and general household waste" says Kate. "We wheeled it to the kerb every Friday and it disappeared like magic only to be filled again the following week."

"We bulk purchased fresh foods and then threw loads of it out. We became reliant on disposable products that we expected would save us time but ended up working longer hours to afford such a disposable lifestyle and we realised that we needed to change our thinking,"

The moment of change came when Kate realised that eventually her son and grandchildren would have a huge mess to tidy up if they kept going the way they were.

At the workshop Kate tells of her personal journey to become a more conscious consumer and to inspire parents to make small changes to their day to day household activities to enable them to become more conscious consumers.

Kate covers a variety of topics at the workshops including recycling properly, reducing food waste, composting, reducing packaging, cloth nappy basics and she introduces parents to new products to suit their busy lifestyle.

The cost to attend is \$25 for a couple or individual and each ticket holder receives a free pack of waste-free parenting products at the workshop worth \$100, sponsored by Selwyn District Council and suppliers.

The workshop is on Wednesday 16 March, from 10am-12.30pm at the Rolleston Rugby Football Club. Bookings are essential as spaces are limited. Tickets are available online at www.wastefreeparenting.co.nz. Parents are welcome to bring their children with them to the workshop.

Ends

Images attached: Nappy lady Kate Meads with her son Daniel, and educating parents about how to use cloth nappies.

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