

Environment

Reducing garbage helps environment

By BARBARA HALSALL

I was brought up in a family where porridge was on the breakfast menu Monday to Friday. I tried to avoid eating it when at all possible, much to my mother's disappointment. My mum died 20 years ago but if she could hear me encouraging people to eat porridge after all the battles she had with me, she would turn over in her grave at the shock.

The attitude that porridge takes too much time to prepare leads busy families to buy cold cereal or individual cereal packs. All those cereal boxes add up to a mountain of garbage. While we hope that box board (like cereal boxes) will eventually be part of Blue Box recycling, we would be much further ahead if we reduced the amount we are purchasing.

Perhaps there is some young

person in your family that could compare the number of servings in a large bag of rolled oats to an equal number of servings packaged in cold cereal boxes. It would not take very long to see that when you cook it yourself either on top of the stove or in the microwave, that much less garbage from packaging is produced. Also stove top cooking of oat bran takes only five minutes. Throw in a handful of raisins and it is even good tasting.

People wonder how we ever came to produce so much garbage. A great deal has to do with convenience. Many mothers who used to be at home are now working and pick up something "quick" on the way home. Processed individually wrapped portions leads to tremendous waste and mountains of garbage. Ask other members of the household to assist in meal preparation so

that more can be done from basic ingredients. Won't that be a new approach for teens? Now helping out can be shown to be good for the environment.

Years ago flour was purchased in 25, 50 or 100 pound cotton bags. After the flour was used the bags were washed and used as dish towels or just as plain cotton. Nothing was wasted. No garbage created.

Are you baking less? Well perhaps we don't need sweet treats and that could be healthier, but if you are buying cookies and cakes instead look at all the packaging that comes with them. If someone in your home wants to reduce our impact on the environment try baking your own cookies. It is important to double or triple the recipe so less energy will be used by baking several batches when the oven is hot.

Packaging very often contains

mixed materials which makes recycling difficult. Examine what you are buying. Don't be overwhelmed by the problem but try to make one change each week.

It took the collective actions of all of us to get into the environmental troubles we are now facing. It will certainly require everyone's efforts to turn things around.

Remember, porridge at least once a week. You can make a difference!

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Cancer Society draw winner

This tranquil scene of loons on a lake, done by artist Seerey-Lester, was won by Mark Shepherd (far right) of R.R.4, Acton, who bought a draw ticket for the print at 'The Spectacular New Age Vaudeville Show for 1991' sponsored by the Georgetown and Area Cancer Society. The print was donated by Theresa Rodobolski (far left) of Pictures and

Presents on Main Street. Members of the Cancer Society on hand to present the print to Mr. Shepherd were (from left to right) Paul Armstrong, fundraising chairman; Marlene Kelman, communications co-ordinator; Al Rorison, president and Elaine Chatten, Cancer Society member.

(Herald photo)

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