



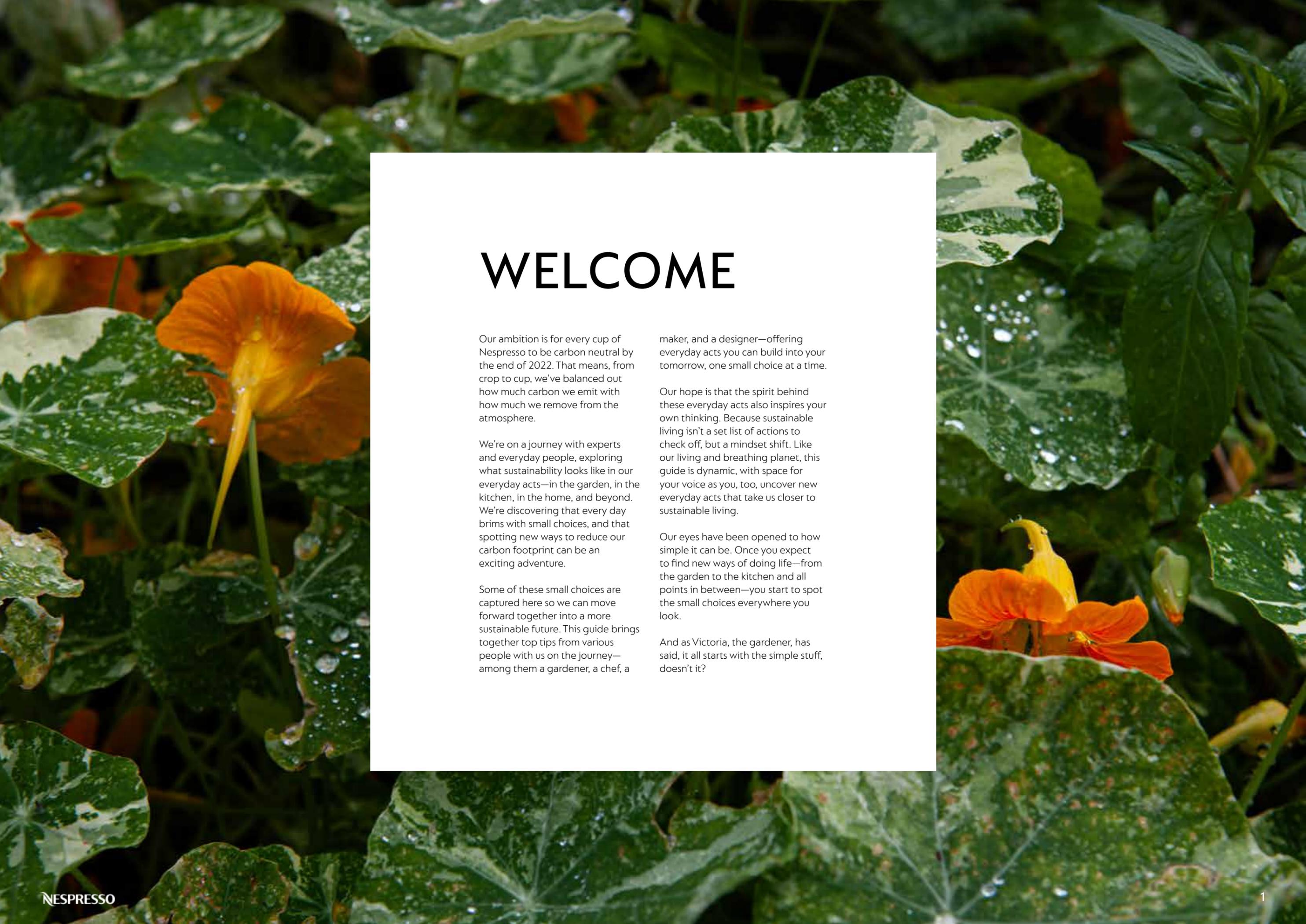
# THE LIVING GUIDE

EVERYDAY ACTS

WITH

**NESPRESSO**<sup>®</sup>

The journey towards a carbon neutral living  
#DoingsEverything



# WELCOME

Our ambition is for every cup of Nespresso to be carbon neutral by the end of 2022. That means, from crop to cup, we've balanced out how much carbon we emit with how much we remove from the atmosphere.

We're on a journey with experts and everyday people, exploring what sustainability looks like in our everyday acts—in the garden, in the kitchen, in the home, and beyond. We're discovering that every day brims with small choices, and that spotting new ways to reduce our carbon footprint can be an exciting adventure.

Some of these small choices are captured here so we can move forward together into a more sustainable future. This guide brings together top tips from various people with us on the journey—among them a gardener, a chef, a

maker, and a designer—offering everyday acts you can build into your tomorrow, one small choice at a time.

Our hope is that the spirit behind these everyday acts also inspires your own thinking. Because sustainable living isn't a set list of actions to check off, but a mindset shift. Like our living and breathing planet, this guide is dynamic, with space for your voice as you, too, uncover new everyday acts that take us closer to sustainable living.

Our eyes have been opened to how simple it can be. Once you expect to find new ways of doing life—from the garden to the kitchen and all points in between—you start to spot the small choices everywhere you look.

And as Victoria, the gardener, has said, it all starts with the simple stuff, doesn't it?

# EVERYDAY ACTS IN YOUR GARDEN

Everyday acts in nature can happen on any scale—whether it's on an urban balcony, in your garden or at the coffee farm. We're all at different stages and in different environments, but going forward, each of us can find a few simple things to do that fit into our lifestyle and our context.

Speaking from the context of the garden, Victoria shares a few tips from her own journey toward sustainability and reminds us that it's never 'done'—

there's no finish point where you kick back and just let the garden do its own thing—and that's part of the joy of it all.



Victoria creates her sustainable, organic garden at home, sharing her gardening ups and downs in a whimsical and approachable way that inspires others.

## 'Mary Child, Sustainability Lead at Nespresso UK'

Planning meals is an important way to reduce food waste. At the start of the week, decide what to cook, taking inspiration from ingredients already in the cupboard or growing in your garden. Try to include some vegetarian meals and keep an eye on which ingredients need using first. When I plan healthy meals it also benefits my wellbeing as I'm less likely to impulse buy unhealthy food.

### 1. COMPOST IT

Use kitchen scraps such as vegetable peelings and garden offcuts such as grass cuttings to make compost—it improves soil fertility and puts nutrients back.

### 2. POLLINATOR FRIENDLY

Where possible, opt for pollinator friendly plants. If they're drought friendly too, all the better. Echinacea is perfect for this. Other plants that tick this box include buddleia and lavender.

### 3. HABITATS FOR WILDLIFE

Having a bug hotel or a water source like a pond helps provide habitats for wildlife. You can build a bug hotel from stacked pallets and bits and bobs foraged from a local woodland.

### 4. EMBRACE A LITTLE CHAOS

*Nature doesn't like things too neat and tidy*, so leave seed heads in situ where possible—birds will thank you for it.

### 5. AVOID PESTICIDES AND FERTILISERS

If you're worried about pests, there are biological pest control options. You don't want to add things to the garden that are known to harm other wildlife, children, pets or plants.

### 6. REDUCE, REUSE, RECYCLE WHEN IT COMES TO PLANTERS

Old dustbins and scaffold board planters work perfectly.

### 7. HEDGES INSTEAD OF FENCES

Try to have hedges, as these provide habitats for birds and other wildlife.

### 8. INCLUDE BIRD FEEDERS

It makes the garden come alive. Consider using all-natural foods that mimic a bird's real diet—such as nuts, seeds, berries and mealworms. You could even consider reusing an old carved pumpkin wedged in a tree as a simple way of making your own.

### 9. BE WATER SMART

Use a water butt to collect rainwater—it's an eco-friendlier way of watering plants, and they prefer it too.

### 10. GROW YOUR OWN VEGETABLES

*It's a way to understand seasonality and the growing process*—and that makes for more considered shopping choices. Besides, shop-bought are often imported and carry a carbon footprint from being grown in climate-controlled conditions and transported from abroad.

# EVERYDAY ACTS IN YOUR KITCHEN



Our food system has an immense impact on our planet. The upside of this is that it gives us an incredible opportunity to save it. Everyday acts can happen in your kitchen by considering where your ingredients come from.

When you're choosing your coffee, it won't be locally grown but you can choose to support farmers and roasters who have sustainability at the heart of all they do.

Sustainability at the heart of Chef Tom Hunt's gastronomy means

allowing a growing awareness of global food waste to inspire his approach to food. He calls it root-to-fruit eating. It means to eat for pleasure, eating whole foods from the whole farm, while eating the best food we can and indulging in seasonal foods that

are tasty, nutritious, and inherently restorative for ourselves and the planet.



Tom is an eco-chef, climate change activist, an author and an educator. He has over 20 years' experience working in the food industry and charity sector.

## 1. ROOT-TO-FRUIT

UK households produce 70% of all food waste. Cut your food waste by practising complete consumption. Use the whole ingredient and *eat every edible part—skin, leaves, stems and all*. It's an invitation to get inventive. Then compost whatever you can't eat.

## 2. EAT FOR PLEASURE

*Cooking with love, confidence and creativity* leads to reduced food cost and waste. And every meal we eat offers a unique opportunity to support people and Earth through the food we buy.

## 4. EAT THE BEST YOU CAN

*Do the best you can.* Everyone has varying budgets and time to spend cooking, so how we eat is dependent on our limitations. Food is an investment in our families' health and the future and whether you grow all your own fruit and veg or simply make more informed purchases when it comes to your coffee, collectively our actions make a huge difference.

## 3. EAT WHOLE FOODS

Lower your impact and reduce waste by eating whole, lesser processed foods like brown rice, pulses and wholegrains. Lesser processed and whole foods are, as a rule of thumb, much better for the environment and our health.

## 5. EAT MOSTLY PLANTS

Base your weekly shop on a seasonal-local veg box—then bolt on any meat, dairy and exotic fruit and veg. Vegetables are infinitely versatile, abundant and affordable. They can be combined in endless combinations and even treated like meat: grilled, marinated, smoked or barbecued.



**Adam Handling** is known not only for top quality food but for a zero-waste approach to it. He favours seasonal ingredients and displays endless creativity in working with it to bring their true flavours to life.

Adam played around with Nespresso's Peru Organic coffee and came up with a recipe for you to try your hand at in the kitchen.

## NESPRESSO CHOCOLATE TART

**Chocolate and coffee make for a heavenly match in this rich dessert**

Prep 1 hr  
Cook and cooling 3 hr  
Serves 8

**For the sweet pastry**  
225g butter (**milk**)  
3 **eggs**, beaten  
1 **egg** yolk, *for brushing*  
160g sugar  
500g plain flour (**wheat**)

**For the chocolate and coffee filling**  
300ml double cream (**milk**)  
20g caster sugar  
400g dark chocolate\* (70%)  
90g salted butter (**milk**)  
100ml Nespresso Peru Organic coffee  
Quality cocoa powder\*, *for dusting*  
\* *Check for allergens*

For the sweet pastry, add the butter and flour to a food processor and run on a low speed until the texture is sandy. Add the sugar then, slowly, the beaten eggs until the mixture forms a dough.

To make by hand, put the flour into a bowl and rub in the butter until the mixture resembles breadcrumbs. Add the sugar and eggs, and lightly knead into a dough.

Rest the pastry for one hour in the fridge then roll out to 1/2cm thick and line a 20cm (8in) tart tin, letting

the excess pastry hang over the rim. Rest for 30 minutes.

Heat oven to 190°C (170°C fan) / 375°F / gas 5.

Line the pastry case with greaseproof paper and fill with baking beans. Put tart into the oven for 12 minutes then take out, remove the paper and beans, and trim off excess pastry. Brush the tart case with egg yolk and put back into the oven for three minutes. Add more egg wash and return to oven, for a further three minutes. Remove from oven and leave to cool.

For the filling, put the cream and sugar in a saucepan and heat, stirring, until the sugar dissolves. Put the chocolate and butter in a bowl, pour the cream mix over and stir to melt. Extract enough Peru Organic capsules to reach 100 ml of brewed coffee. Beat in the coffee until it's smooth and incorporated.

Pour the mixture into the cooled tart case and give it a shake to even and knock out air bubbles. Leave to set at room temperature for one to two hours, then dust with cocoa powder. The pastry should be crisp; the filling, like a soft ganache. Serve with a dollop of crème fraîche.

### ADAM'S TIP

Write a food list before you go shopping and stick to it! It's easy to get drawn in by all the choice at supermarkets. The main thing is to use British wherever possible and be smart with the products you're using. Buying British fruit and vegetables in season is key for living more sustainably – not only is it better for the environment but the flavour is so much better.

# EVERYDAY ACTS YOUR ENERGY



## 1. GET A SMART METER FITTED

*Most energy is invisible—so if you can't see it, you're less likely to care about it.* Smart meters provide real time, live feedback on your home energy use, and help you better manage what items you use and how much they cost you. If you turn the lights or cooker on, the readings go up. Turn them off and it drops back down. Your energy company will fit a smart meter for free.

## 2. CHOOSE LOW ENERGY APPLIANCES

With so many electrical items in the home, it makes sense to opt for low energy appliances. When choosing appliances, don't just go for function or style, look for the new energy labels.

## 3. CHOOSE ENERGY SMART PRODUCTS

Smart or intelligent appliances allow you to control them more easily and help you use less energy effortlessly. This could be:

- Products that switch off automatically when not in use—like coffee machines.
- Products that are internet connected and can be controlled remotely by apps from your phone—like heating and lighting.
- Start the switch from gas to electric reliant products such as hobs and cookers. It's cleaner for the environment to buy electricity from renewable sources like wind and solar energy.

## 4. SWITCH TO RENEWABLE ENERGY

It's easy to switch to an electricity company that can supply your home a pure green energy tariff that comes from renewable sources like wind or solar. By doing that, you will simply and painlessly be dramatically reducing your home's carbon footprint.

## 5. MAKE THE MOST OF OFF-PEAK ENERGY

*Our aging energy system often strains when we all use it at the same time—*like making a cup of coffee during half-time of the World Cup final. Choose energy tariffs that provide cheaper off-peak energy such as at night when most of us are asleep. Many devices allow you to defer when they start or finish so you can make the most of this cheaper off-peak energy.



The notion of the 'smart home' as one brimming with the latest technology is perhaps outdated. The objective now is about enhancing the quality of life of both people and planet.

A well-designed home is a way to make the everyday acts effortless. And over time, it certainly helps to prevent any more damage, whether that be

to our health, our pockets, or our planet.

Oliver is always thinking about sustainability and human well-being and

shares a few ways he's translated these ideas into his home. In the big and the little things, it's the everyday acts that really do make a big difference.

Oliver is an expert in sustainable architecture and interior design. Oliver Heath Design is his research-led practice focused on improving health and well-being in the built environment.



# EVERYDAY ACTS IN YOUR HOME



From the kitchen to the garden, in grand gestures or small everyday acts, we can make changes and new choices about the materials we use—looking at both what and how we consume. It's all going to make a big difference and, collectively, our positive actions can be hugely significant.

As a designer, Sebastian lifts our perspective, reminding us to think about materials as precious things which we need to preserve and work with in intelligent ways.

Sebastian is a designer, craftsman and environmentalist working with British woodlands. Sebastian Cox Ltd is his family business that designs and makes heirloom furniture and homeware with a nature-first perspective.



## 'Mary Child, Sustainability Lead at Nespresso UK'

Give unwanted clothing a second life by doing clothes swaps with friends or donating to charity. When items can no longer be re-worn, they can be recycled at your local clothes bank. Many charity shops and clothing retailers also offer in store recycling.

## 1. REDUCE, REUSE, RECYCLE

The emphasis is on reduce—we all need to consume fewer, better things, and when we do, reuse and recycle them. We can make an effort to invest in beautiful things that last a really long time.



## 2. NOT ALL MATERIALS CAN BE RECYCLED

Check that what you're buying can be recycled, and always avoid non-recyclable packaging. Aluminium is a brilliant choice of material because it can be infinitely recycled.

## 3. NOT ALL RECYCLABLE MATERIALS ARE CREATED EQUAL

Aluminium, for example, is easily recycled. 75% of all aluminium ever produced is still in circulation today.

## 4. RECYCLED MATERIALS OFTEN CARRY A LOWER CARBON FOOTPRINT

Many materials have a significantly lower carbon footprint when they are re-shaped during a recycling process than when they are mined or created from scratch. Take aluminium again; it requires less energy to recycle it than it does to produce primary aluminium.

## 5. BUY FROM COMPANIES WHO TAKE WASTE SERIOUSLY

*A failing of too many companies is to leave citizens, governments, and local authorities to deal with the waste their products create.*

Support brands who create systems to collect and reuse or recycle their packaging. The Podback scheme is a great example of companies coming together to facilitate the individual's recycling.

## 6. RECYCLE WELL

Whenever you do recycle, make sure it's clean, dry, and correctly separated.

## 7. THINK IN CIRCLES, NOT LINES

Rather than 'take, make, waste', opt for products and materials that move through our lives in loops of reuse. Think of a coffee capsule and what it can become—a pen, a bicycle or another capsule.

# THE **A TO Z** OF SUSTAINABLE LIVING

**A** Always clean jars and check labels too before recycling

**B** Bee's wax paper instead of cling film

**C** Compost - create your own

**D** Donate unwanted clothes or send them to a recycling plant

**E** Embrace refillables such as laundry, cleaning and personal care products

**F** Freeze leftovers for another day

**G** Grow your own veg

**H** Harvest rainwater to water your plants

**I** Insulate your home to use less energy

**J** Join social media groups like Recycle and Resuse, Freecycle

**K** Kettle - only boil the amount of water you need! Don't fill up the whole kettle

**L** Leftovers - make new dishes with leftovers rather than throwing food away

**M** Milk - get a home delivery in glass which is washed and reused

**N** Net bags for fruit and veg instead of plastic

**O** Organic products - less pesticide in the air

**P** Plants - that attract bees

**Q** Quality - buy quality instead of 'throw away' fashion that ends up in landfill

**R** Refuse, Reduce, Reuse, Recycle - be less commercial and more mindful

**S** Shampoo bars instead of bottles. Support new sustainable innovations

**T** Time your showers and turn off the taps when lathering up!

**U** Upcycle and buy second hand - Facebook is great for this

**V** Vegetables - buy local, in season to reduce the carbon footprint

**W** Washable dishcloths and sponges instead of throwaway

**X** X-ercise - walk where you can instead of the car

**Y** You can make your own cleaning products using lemon, vinegar and baking soda

**Z** Zero waste - less packaging, check packaging (is it recyclable)

By **Priti Limbachia**  
B2B Lifecycle Manager at Nespresso UK

# EVERYDAY ACTS

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#DoingsEverything

We're looking forward to seeing every cup of Nespresso be carbon neutral by the end of 2022, and we're even more excited to see what other areas of our lives can be touched when we put our minds together on this shared journey towards carbon neutral living.

We believe simple small choices lead to great impact.

What simple, small everyday acts have you uncovered?

Don't forget to share your own sustainability tips using #DoingsEverything and tag @nespresso.uk

**If we act together, we can create an even bigger change.**