

Eco Church - Climate Steward's Carbon Fast for Lent

As part of St Saviour's commitment towards earning a Silver Eco Award, we have signed up for the Climate Steward organisation's Lent programme: Carbon Fast.

Each week there will be a set of ideas for activities that members of the congregation can take part in going from 'Simple Starts' to 'Big Leaps' which will be on the pew sheet insert, displayed on the church notice board and on the church website, stsavioursstalbans.com/carbonfast.

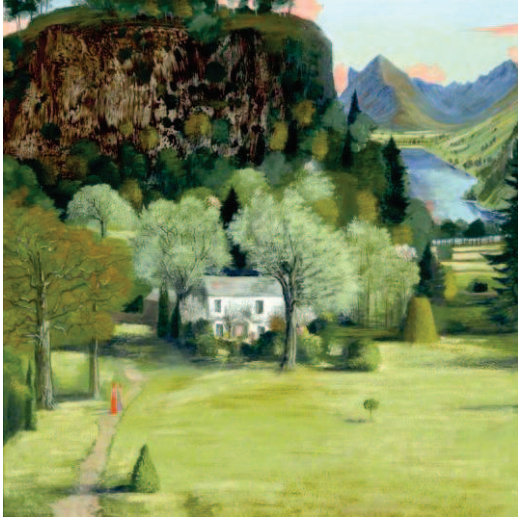
We would love it if you shared any activities you've completed on the church notice board using the sticky notes provided. This can be anonymously!

Any questions, please see Ellie, Elaine or Emily the Eco Church Champions Team. For more information re Climate Stewards see [Climatestewards.org](https://climatestewards.org).

The Eco Church Team are looking for additional members so please talk to Ellie, Elaine or Emily if you're feeling inspired.

Carbon Fast Week 2

This week's challenge: fast from excessive and unnecessary buying and be satisfied with what we already have.



Buttermere, Cumbria by George Wallace Jardine (1920–2002)

Overconsumption is costing the earth

- The **fashion industry** generates 8-10% of global carbon emissions – **more than aviation and shipping combined.**¹
- **670,000 tonnes of furniture** are discarded in the UK each year, yet making new furniture produces up to 1,000 times more CO₂ than refurbishing old pieces.²
- The UK is the **2nd-largest producer of e-waste per capita** in the world at 23.9kg per person, yet only 30% is recycled.³

Every new item we buy carries a carbon footprint from resource extraction, manufacturing, transportation, and eventual disposal.

When we fast from excessive buying, we reduce carbon emissions.

¹ European Environment Agency, The Impact of Textile Production and Waste on the Environment (2025); UN Environment Programme (2025).

² WRAP, UK Furniture Waste Statistics (2025); Coast Consignment, The Hidden Environmental Cost of Fast Furniture (2025).

³ UN Global E-Waste Monitor (2024); UNITAR.

IDEAS FOR ACTIONS YOU CAN TAKE!

START SIMPLE

- Spring clean your wardrobe - donate unwanted clothes and household items to charity shops
- Sell items you no longer use on Vinted, eBay or Facebook Marketplace

GO DEEPER

- Attend a clothes swap party or local repair café
- Learn basic repairs – sew on a button, fix a hem, tighten furniture joints
- Buy only second-hand this week (charity shops, vintage stores, refurbished electronics)

BIG LEAP

- Zero new shopping this Lent (apart from food and medical essentials)
- Host or volunteer at a repair café in your community
- Commit to a capsule wardrobe – use only what you own for the season