

prepharma



# GREEN TEAM NEWSLETTER

Issue Three, July 2023



# WELCOME MESSAGE



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Welcome to the 3rd issue of the Green Team Newsletter.

In this issue you will find a short introduction on what we do and how you can get involved, along with updates on environmental changes within our offices.

We have a feature on Fast Fashion where you will learn what Fast Fashion is and some interesting facts on how it impacts our environment.

Additionally we have a selection of fun recipes finishing off with a look at our SharePoint Page!

Thanks *Fiona*

# WHAT DOES THE GREEN TEAM DO?

The Internal Green Team empowers employees to take actions that benefit both the environment and our company.

We facilitate knowledge sharing, provide guidance on sustainable practices, and promote initiatives such as waste reduction, energy efficiency, recycling programs, and green commuting options.

We meet monthly to discuss how we as ProPharma can become greener and share these ideas with the company via a quarterly newsletter.

We welcome ideas and have open discussions within the meetings. We also create 'Green Events' which colleagues take part in globally.

If you would like to join the Green Team, please email [Fiona Malton](#).

# ENVIRONMENTAL CHANGES WITHIN OUR OFFICES

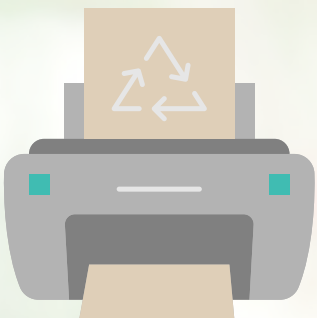
Below are just 3 of the changes we have made or are making across all of our offices!



In the EU we have begun the process of introducing recycling into the offices where this has not already been implemented, with the aim to roll this out globally.



We have also introduced eco-friendly products into the offices where previously there has been none.



In the EU we have also begun the process of introducing the use of recycled paper for the offices, with the aim to roll this out globally.

# FAST FASHION



## Useful articles

- [What is ultra fast fashion?](#)
- [New EU legislation will stop fast fashion within Europe](#)
- [Why and How to Stop Fast Fashion, and the Environmental Cost](#)
- [Fast Fashion is Destroying Our Planet: What You Can Do](#)



Want to learn more? (only available in the UK)

## **Stacey Dooley Investigates Fashion's Dirty Secrets!**

Stacey Dooley travels the world to uncover the hidden costs of the addiction to fast fashion.

## FAST FASHION

## FACTS



### Fact

The world uses an estimated 80 billion pieces of clothing every year, a 400% increase from two decades ago.

– The True Cost



### Fact

Buying just one white cotton shirt produces the same amount of emissions as driving 35 miles in a car.

–WRAP



### Fact

Textile production contributes more to climate change than international aviation and shipping combined.

– House of Commons Environmental Audit Committee, 2019

# WHAT HAPPENS WHEN YOU RETURN ONLINE CLOTHING?

At Zalando, half of the clothes ordered are returned.

Every year, 21.5 million pieces of clothing are not sold in the Netherlands. Every year, 1.23 million pieces are destroyed and processed into stuffing for car seats, for example, or burned.

These are figures from a few years ago, but no one knows exactly how it is. Marieke Eyskoot, expert on sustainable lifestyle and clothing, in De Nieuws BV: 'We know incredibly little, it's all behind a smoke screen. And that's not by accident: everything is aimed at making sure we know as little as possible about it. The whole making process, the cotton plantations, what happens in the factories, the costs, who gets what amount. And so also what happens when you send it back.'



## WHAT HAPPENS WHEN YOU RETURN ONLINE CLOTHING?

### Destroying Unsold Clothing

GroenLinks MP (Member of Parliament) Suzanne Kröger wants to end this lack of clarity. 'What happens to all the unsold stuff? There is silence from the sector, no one knows exactly what's going on.' We do know something about the countries around us: in England it was announced that Burberry is destroying unsold products on a large scale to protect their brand. At the same time in Germany, it was revealed that returned goods from e-commerce were being destroyed in distribution centers. Kröger: "If this is an issue in our surrounding countries, why would it not be so in the Netherlands?"

### Why Not Recycle?

Why all this capital destruction? Does it sometimes pay to destroy clothing instead of recycling it? Eyskoot: 'If so, it is indeed an enormous destruction of a lot of things. If it's cotton, it has to be grown. There are an incredible number of people working to dye it, make fabric, cut clothes, sew it together, bring it here, and pack it. I once calculated that an average of 169 people is involved per garment.' 'This is symbolic of the excesses of the garment industry,' Kröger said. 'Look how cheap clothing is, how it has become a disposable product.'

### Consumer Responsibility?

We are also responsible for our own behavior," Eyskoot believes. "When we buy something, we're actually saying to the brand or store, "I love how you do business, here's my money to go with it." So, support sustainable brands and independent stores that are open about what they do. And don't blindly buy too much because you can send it back anyway, or because you want it nice and easy. Just because something is cheap doesn't mean it costs little. It means someone else is paying the price.'

Source— BNN VARA—3 May 2023



# PASTA IN CREAMY SPINACH AND TOFU SAUCE

## Ingredients:

- 1 bag of baby spinach
- 1 carton of silken tofu (use soft tofu, not firm)
- Pasta
- 1 onion
- 2 gloves of garlic (or more for taste)
- 1 lemon
- Salt
- Pepper
- Mixed herbs
- Oil
- Feta (optional)

## Method:

1. Boil the pasta as per the instructions on the bag (in salted water). When pasta is ready, drain it.
2. Chop the onion and garlic and brown on medium heat on a frying pan.
3. Blanch the spinach in boiled water. Boil the kettle, place the spinach in a bowl, and submerge the spinach in the boiling water. Let the spinach wilt for couple of minutes.
4. Add the Silken tofu into the pan with onion and garlic. Add salt, pepper, and herbs to taste,
5. After the spinach has been wilted, drain it and add the contents of the frying pan (tofu, onion and garlic) into the bowl. Crumble the feta, and add it to the bowl, if you choose to use some. Cut the lemon if half and add lemon juice to taste.
6. Blend the sauce until smooth. Place the smooth sauce on the frying pan and add the boiled pasta. Heat the sauce and combine it with the pasta. Add salt and pepper if needed.
7. Serve with some cashews and feta (optional).

# FETA & KALE LOADED SWEET POTATO

## Ingredients:

- 2 sweet potatoes
- chickpeas, drained
- 1 red onion, thinly sliced
- 2 tbsp red wine vinegar
- 30g feta, cut into small cubes
- 1 tsp caster sugar
- 1 tbsp olive oil
- chilli flakes
- 100g kale
- 1 tbsp pumpkin seeds
- toasted Rocket

## Method

### STEP 1

Heat oven to 200C/180C fan/gas 6. Prick the sweet potatoes all over with a fork, then put them in a roasting tin and roast for 40 mins. Add the chickpeas to the tray, then roast for 10 mins more, until the potatoes are completely tender and the chickpeas have crisped a little.

### STEP 2

Meanwhile, mix the onion with the vinegar and a pinch of sugar and salt, and set aside to quick pickle. In another bowl, marinate the feta with the oil and chilli flakes.

### STEP 3

When the potatoes are nearly cooked, cook the kale in a pan with 50ml water for 3 mins until wilted, then season to taste. Halve the potatoes, divide between two plates and top each with the kale, chickpeas, red onion (reserving the vinegar), marinated feta and pumpkin seeds. Toss the rocket with the reserved vinegar, then serve on the side.

# VEGAN CHOCOLATE CAKE

## Ingredients:

- 200g Flour
- 35g Cocoa
- 180g Sugar
- 1 Tsp Vanilla Extract
- 1 Tsp Baking Powder
- 240ml Water
- 100ml Sunflower Oil

## Method:

### Step One

Grease a 20 cm diameter round cake pan with a little oil.

### Step Two

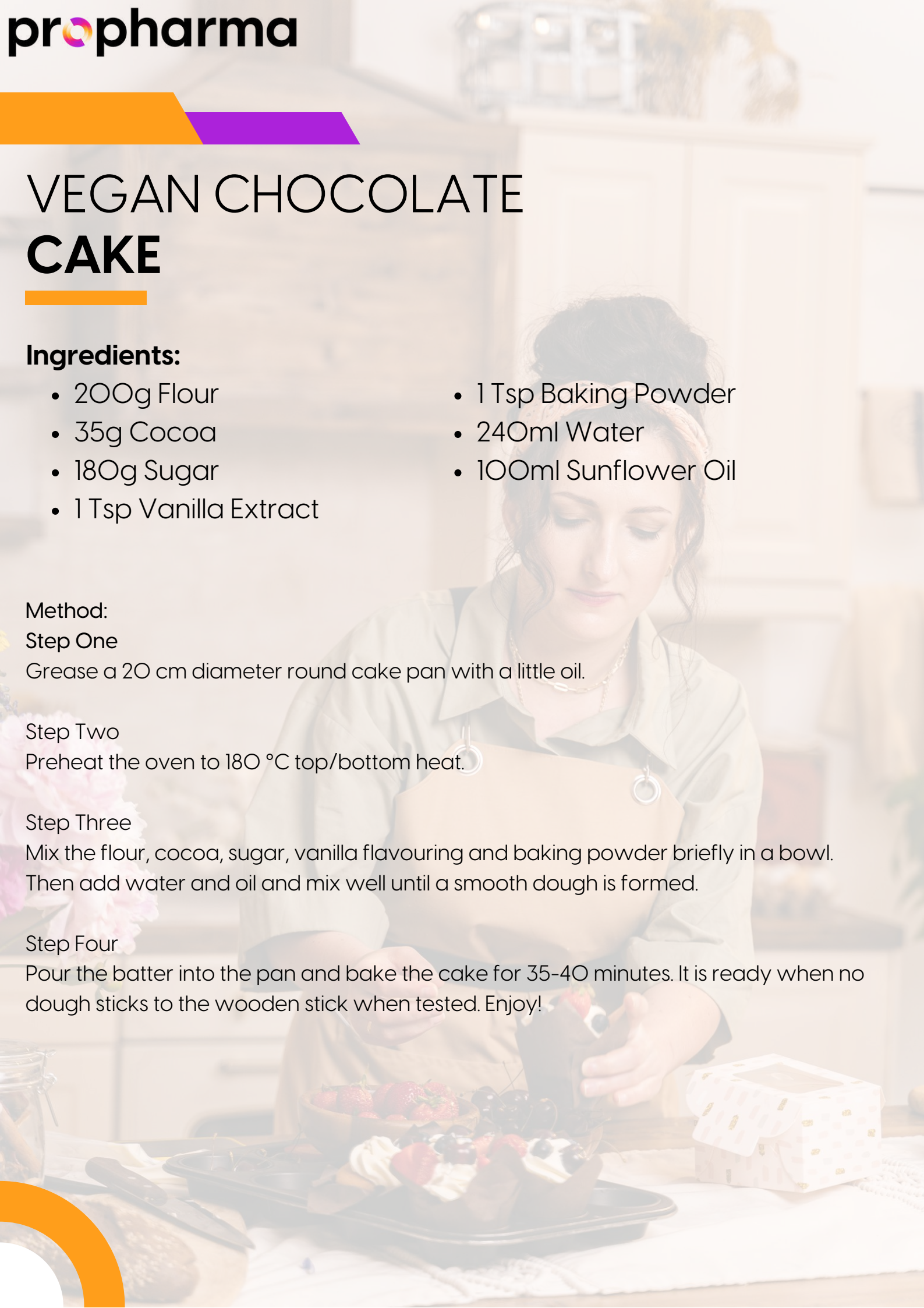
Preheat the oven to 180 °C top/bottom heat.

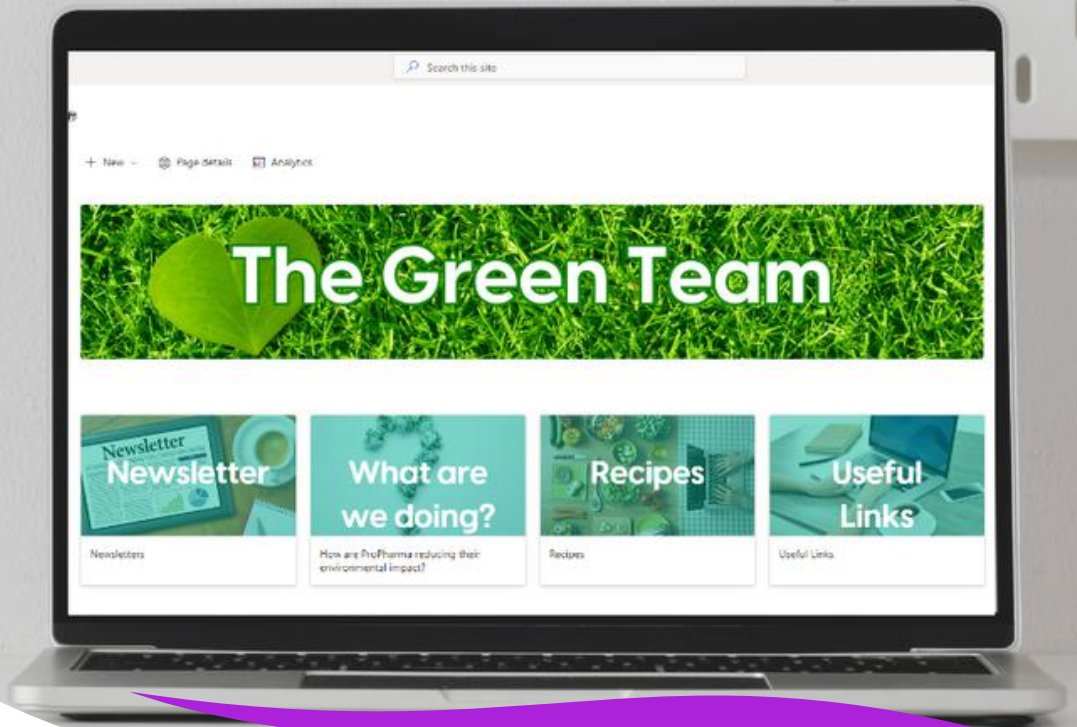
### Step Three

Mix the flour, cocoa, sugar, vanilla flavouring and baking powder briefly in a bowl. Then add water and oil and mix well until a smooth dough is formed.

### Step Four

Pour the batter into the pan and bake the cake for 35-40 minutes. It is ready when no dough sticks to the wooden stick when tested. Enjoy!





# SHAREPOINT PAGE

Our green team SharePoint is regularly updated with useful articles, tips, previous newsletters and a recipe section.

Click [here](#) to access our SharePoint Page.

Please feel free to have a browse and follow our page.

## Topics for the next newsletter

- Homemade eco cleaning products
- Sustainable holidays
- More recipes