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frugt
Love Organic

BONFIRE NIGHT EDITION

Remember, remember...these top tips for having a more sustainable Bonfire Night to help create a less **explosive** impact on our planet!

LET'S START WITH A BANG!

Did you know, around Bonfire Night more air pollution is created than all of the UK's waste incinerators do in a **WHOLE YEAR*** With approximately 5-14% of all UK dioxin emissions produced around that time!

Here are some sustainable tips to help make those **oohs** and **aahs** more eco-friendly:

- If the thought of missing out on fireworks is too much, then try to go to a public display instead of a private one to minimise the amount of air pollution – grab all your friends and family and go together for a fun, shared experience!
- Coloured fireworks contain heavy metals and toxins that are incredibly damaging to the planet, however, white fireworks tend to have less harmful chemicals in them.
- Better yet, **choose sparklers instead of fireworks!** Sparklers don't create as much air pollution as fireworks but still create that bright and shiny experience. If possible, opt for eco-friendly sparklers made of bamboo or wood to help reduce waste. [Here are some great ones that were recommended by our Photography team!](#)
- If you are looking to host a bonfire or firework display this year, then check out the [air pollution here](#) for your desired date to ensure the impact is minimal – **still air means more pollution hangs around in one place!**

*According to a statement released in 2012 by the Department for Environment, Food and Rural Affairs (Defra)



IT'S GETTING HOT IN HERE...

Bonfires, as mentioned, are bad for the environment and release a load of pollution into the air as well as our noses and lungs, which can cause a lot of irritation. **But how can you have Bonfire Night without a bonfire?** Fear not, if it is too hard to forgo the bonfire altogether, then here are some tips to help make them a little bit eco-friendlier for not only us but the wildlife and the planet too...



- **BUILD THEM ON THE DAY** - As it is nearly the hibernating season, animals can often be found snuggled up in a warm woodpile. So, try to build your bonfires on the same day they are being lit and give them a good check over before you do to make sure nothing is having a snooze inside!
- **DON'T MAKE THEM TOO BIG** - Ash created from burning bonfires can be caught in the air and land in a nearby river or lake. This ash will alter the pH balance of the water and harm local ecosystems!
- **NATURAL ONLY PLEASE** - Avoid burning man-made materials or plastic as these can release very harmful chemicals and pollutants into the air. Instead, build your bonfires from natural, dry, seasoned woods. And remember, do not burn anything wet or damp as this creates more smoke!
- **THINK OUTSIDE THE BOX** - For a greener fire, why not opt for a fire pit instead? Fire pits are designed to keep the fire contained as much as possible and collect the ash rather than having it directly on the ground. There are now many smokeless fire pits available to help reduce air pollution too. Plus, you can use them year after year!

DON'T MESS WITH THE PLANET!



Banned in Wales since February 2018 but not yet banned in either England or Scotland, Paper or Chinese Lanterns, although pretty, can cause a lot of damage to wildlife!

The outsides of the lanterns are made from paper, but the frames are usually made of wire or bamboo that will drop from the skies once extinguished, **where animals can become trapped and entangled or the frame ingested with devastating results!**

SPARKLING ARTS & CRAFTS

If you decide not to attend any bonfires or firework displays this season but do not want to miss out on the fun and colour, have a go at replicating the magic with these arts and crafts! Perfect for rainy day afternoon activities with the kids...



- Why not create your very own firework displays using black paper and colourful paints. Or get creative and make natural explosive scenes using sticks and leaves that you can forage from your local park or during woodland walks!

- Get hands-on and create a bonfire masterpiece using handprints – here is a giant version from [The Let's Go Club on CBeebies!](#)

- Make your very own hedgehog art with our [Cosy Crafts blog with Laura Brand](#), which has a fab salt dough recipe, or our [National Trust Make Your Own Hedgehog](#) downloadable template!

WANT SOME S'MORE?

As the saying goes, there is no smoke without a fire, so if you choose to go without a bonfire this season, then here are some tasty Bonfire Night treats that you and the littles can whip up. No open flames required!



- Toasting marshmallows over the fire is a traditional Bonfire Night activity. But these chocolate-dipped alternatives in our [Yummy Bonfire Treats blog](#) created by our very own Emily are just as good! Plus, no gooey mess – **Phew!**

- A must-have autumn favourite, toffee apples can often be found in the supermarkets but are usually covered in plastic wrapping! Why not give them a go at home instead and make with your own choice of topping and no single-use plastic. Here's a fab recipe in our [Autumnal Tasty Treats blog!](#)

- And here's something a little more decadent, these [Peanut Butter Brownies from the National Trust](#) are super-duper yummy!



I hope that these tips have sparked your interest to have a sustainable Bonfire Night this year!

Please do share what you get up to with us at

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for a chance to become next month's Sustainable Superstar.

