



Stay warm & dry this winter

Snow is in the air and frost is on the ground! It's time to rug up and take a close look at the insulation, moisture levels and curtains in your home. New Zealand homes are notoriously poorly insulated, for some reason we just haven't built our homes for our chilly winters! Because of this, NZ has one of the highest rates of respiratory disease in the developed world! Cold damp homes are unhealthy homes! Although WEC no longer runs a curtain bank, we still want to help you stay warm this winter. Check out



the tips from XZW & below, visit the energy wise website or pop into our centre to learn more about energy efficiency and how to create a warm, healthy home.

Curtain tips:

Curtains are key to keeping warmth in. If there is a gap at the top, make sure the curtains are floor length or install a pelmat (like a hat or helmet for your curtains). There are lots of good tips online for making pelmats. As an interim option, you can stuff the gap with towels or blankets. If you're installing curtains for the first time, get flat tracks that fit right onto the wall.

- Line curtains with any second layer of fabric. Thermal backing is not enough. The second layer can be thermal fabric, cotton or polyester.

- Open your curtains during the day to let the sun and warmth in, then close them before it gets dark

Warm Winter Wishes from the Whaingaroa Environment Centre

Brrr it's getting cold Whaingaroa! Yes winter is here!!

In these cold winter months keeping your home and your family warm is so important. Kaahu's Nest is a great option if you are looking for affordable warm clothing, boots and shoes, jerseys, jackets or extra blankets and curtains.

Here are some little helpers from Xtreme to keep you warm and dry:

- Only heat the room that you are in. Try to keep the temperature between 18 and 21 degrees especially if you have babies, people with illnesses, or older people living in your home.

- Dress warmly for bed and make sure your bedroom is warm enough - it is very important to stay warm during the night, make a rag blanket out of your old blankets.

- Up to 20% of heating can be lost through draughts. Block up unused chimneys and stop draughts around doors and windows. You can hand make your own draught 'snakes' by stuffing old rugby socks or pantyhose with newspaper or cushion filling, Kaahu's Nest can supply you with these items.

- Open windows and curtains on sunny days, and close them when the sun goes down to trap heat in your home. Trim any trees that prevent sun entering your house (but if you are renting, remember to ask your landlord first!).

- Try not to dry clothes indoors as this creates moisture in the air. Drying outside is free and the sunlight kills bacteria, making your clothes healthier for you and your family. Use a shed or garage if it is raining, construct a washing line, we have plenty of wire in the metal yard and timber and nails in the wood yard. You may even find a clothes rack at Kaahu's Nest.

- To reduce moisture caused by steam, always open a window when you are showering and when you are cooking on the stove top. Use pot lids to reduce the amount of steam escaping. Keep doors to bedrooms closed at these times as steam can make beds damp - remember to use your hand made 'snake' to block drafts coming from under your doors and keep heat in!

- For those outdoor starry winter nights, make yourself a home-made brazier - there is plenty of material in the metal yard, use your imagination!

Xtreme Zero Waste



Plastic Bag Free Raglan is very pleased to announce the launch of the Business Accreditation Program. The program launched at the end of April and has seen over 16 businesses officially certified in the past three weeks. The program recognises the commitment our local businesses are making to both the environment and the community by removing plastic carry bags from the Raglan supply chain.

In order for a business to qualify as a certified partner, they must not be providing single use plastic shopping bags. Please note that handle-less plastic fruit & nut bags and small bags for your wrapped meat are not counted in this certification. The PBFR team developed a Business Support program and works closely with business owners to find a viable and sustainable solution for their business. Some shop owners have made the switch to compostable bags, while others have paper bags, boxes, reusable bags or a combination for you to choose from.

The compostable bag can be reused like any other plastic shopping bag, but when you are finished it can be taken to Xtreme and composted in their hot compost system. If one of these compostable bags does blow out into the environment, because it is made from starch, when it breaks down it will not leave behind any toxic residue. Unlike plastic bags—which may not break down for at least 1000 years, and will leave behind nasty toxins wherever they lay. Although shops might have an alternative for you, we highly encourage and prefer for you to remember your reusable bag when heading out to shop.

We would like to acknowledge the following businesses and recognise them as an official Plastic Bag Free Raglan - Pēke Kiriou Kore Whaingaroa Partner. We're grateful for their commitment and support in the mission to become a plastic carry bag free town:

- Atamira
- Cyclery Raglan
- Jet Collective
- Lecourtois Couture
- Raglan Anexa Vet
- Raglan Backpackers
- Raglan Surf Co
- Raglan Surf Emporium
- Rock-it Kitchen
- The Herbal Dispensary
- The Monster Company
- The Shack
- Vintage
- Whāingaroa Environment Centre
- Whāingaroa-Raglan Trade Aid
- WOK - Whāingaroa Organic Kai

If you are a business owner interested in becoming a Certified PBFR Partner, please get in touch with us: plasticbagfreeraglan@gmail.com

Thanks to local EnviroMatters sponsors:

