



## Nourish Support Centre Environmental Policy (Public Version)

Nourish Support Centre is committed to caring for our community and our planet. We believe that small, everyday actions can make a big difference, and we aim to make sustainable living simple, accessible and enjoyable for the families we support.

### **Our Promise**

We work to reduce our environmental impact and encourage positive, practical habits across our services. We do this in a way that is gentle, inclusive and supportive — never overwhelming or judgemental.

### **How We Care for the Environment**

We take a number of steps to look after our shared world:

- **Reducing waste** by reusing materials, cutting down on single-use items and recycling wherever possible.
- **Saving energy** by switching off lights and equipment when not in use and using energy-efficient options where we can.
- **Using resources wisely** by choosing sustainable products, reducing unnecessary purchases and avoiding waste.
- **Encouraging active travel** such as walking, wheeling or car-sharing when it's safe and practical.
- **Connecting with nature** through family-friendly activities that support wellbeing, biodiversity and outdoor learning.

### **Supporting Families to Make Small Changes**

We help families build confidence in eco-friendly living through:

- Fun, accessible **Eco Crafting** activities using recycled materials.
- **Connect With Nature** ideas that help children explore the outdoors.
- **Eco Fun for Families** resources that make sustainable habits easy and enjoyable.
- Simple guides like our **Use-It-Up Meal Ideas**, **Switch-Off Checklist** and **Recycling Rangers** challenges.

Our aim is to inspire families to take small steps that fit their lives not to add pressure.

### **Working Together**

Everyone at Nourish staff, volunteers, families and partners plays a part in protecting our environment. We celebrate progress, share ideas and continue learning together.

### **Keeping Our Commitment**

We review our environmental practices regularly and look for new ways to improve. As our community grows, so will our efforts to support a greener, healthier future for all.