

- 1. <u>Bloomberg Philanthropies' Environment Program</u>
 Supports environmental initiatives to improve sustainability of cities around the world, to accelerate the transition to clean energy, and to combat overfishing and protect coral reefs.
- 2. Restore our Planet Protection and improvement of the natural environment by promoting biological diversity and advancing the education of the public in the conservation, protection, and improvement of the physical and natural environment in the United Kingdom and overseas.
- 3. <u>World Animal Protection</u> Works with governments, food businesses, and farmers to improve the welfare of farmed animals. The WAP encourages the general public to buy food produced in line with high animal-welfare standards.
- 4. <u>Coalition for Rainforest Nations</u> Is a unique intergovernmental organisation of over 50 rainforest nations around the world. The Coalition helps tropical governments, communities, and people responsibly manage their rainforests.
- 5. <u>World Wide Fund for Nature (WWF)</u> The leading organisation in wildlife conservation and endangered species, the WWF works to help local communities conserve their natural resources, transform markets and policies towards sustainability, and protect and restore species in their habitats.
- 6. <u>Earth Island</u> This California-based non-profit environmental organisation sponsors more than seventy-five projects working in the areas of conservation, energy and climate, women's environmental leadership, international and indigenous communities, sustainability, community resilience and more.

OUR FAVOURITE GREEN CHARITIES





PODCASTS

- Costing the Earth by BBC
- 2. America Adapts: The Climate Change by Doug Parsons
- 3. Warm Regards by Eric Holthaus
- 4. Conscious Chatter by Kestrel Jenkins
- 5. Spirit of 608 by Lorraine Sanders

BOOKS

- 1. The Citizen's Guide to Climate Success by Mark Jaccard
- 2. <u>Old Enough to Save the Planet</u> by Anna Taylor and Loll Kirby
- 3. How to Avoid a Climate Disaster by Bill Gates
- 4. <u>The Climate is Changing, Why Aren't We?</u> by Daisy Kendrick
- 5. What Can I Do? by Jane Fonda

APPS TO HELP YOU LIVE A GREENER LIFE

- OLIO Connects neighbours with each other, and <u>Food Waste Hero</u> volunteers with local businesses, to share food rather than throw it away
- 2. <u>Forest App</u> A productivity app that helps people beat their phone addiction and manage their time in an interesting and pleasant way
- 3. <u>ReGAIN App</u> Donate your unwanted clothes to charity and get exclusive discount coupons
- 4. <u>RecycleNation</u> Designed to increase responsible recycling rates nationwide by making recycling easier for everyone involved
- 5. Fat Llama Marketplace for renting almost anything

GREEN INSTAGRAM ACCOUNTS TO FOLLOW

- 1. @oceana
- 2. @ecolifechoices
- 3. @going.zero.waste
- 4. @meatfreemonday
- 5. @zerowastechef

GREEN BLOGS

- 1. Eco Warrior Princess
- 2. Moral Fibres
- 3. Small Footprint Family
- 4. Eluxe Magazine
- 5. Earth Easy

DOCUMENTARIES

- 1. <u>Racing to Extinction</u> An eco-thriller by Louie Psihoyos that examines mankind's role in mass extinction.
- 2. <u>Before The Flood</u> Presented by National Geographic, this film features Leonardo DiCaprio on a journey as a United Nations messenger of peace.
- 3. <u>Our Planet</u> This beautiful documentary, narrated by David Attenborough, forces viewers to acknowledge their own complicity in the decline of nature.
- 4. <u>2040</u> Filmmaker Damon Gameau turns his attention to environmental issues of the modern world. Addressing the film to his daughter who will be 25 by the year 2040, this is a thought-provoking piece with a hopeful message of how we can all make a positive difference to the world.
- 5. <u>The True Cost</u> A documentary exploring the impact of fashion on people and the planet.





FOOD DELIVERIES

- Fresh Vegan Meals (UK) Delicious 100% plant-based and vegan meals cooked and delivered straight to your door.
- 2. <u>Balance Box</u> (UK) delivers four different menu plansclassic, vegetarian, pescatarian, and "free-from" to your home. Balance Box meals contain no refined carbohydrates, refined sugars, or unnecessary additives or preservatives, meaning that the food is as healthy and natural as possible.
- 3. Abel & Cole (UK) Is an organic vegetable (and lots more) box scheme. They have delivered excellent-quality fresh food to households since 1988.
- 4. Farmacy (UK) Everything they grow, make, and serve is transformational. Organically and biodynamically prepared between the soil and the sun, it's a place for those passionate about taste and recipes that are good for human health and sustainability. Furthermore, they have a foundation that helps adults and children learn about the provenance and nutritional value of food. To learn more about the Foundation, click here.
- 5. Food Matters (NYC) Food Matters looks at your health history, health goals, lifestyle, and food preferences to formulate a menu that is just right for you. Fully cooked meals are delivered fresh in zero-waste, biodegradable containers that can be thrown in the regular trash and that will break down completely in 90 days. These containers are also oven-safe, so dinners can be warmed directly in them with lids removed.
- 6. <u>Methodology</u> (California) Healthy, fully cooked meals free from gluten, dairy and refined sugar, delivered to your home.

GUEST FOOD EDITOR CHEF CLODAGH MCKENNA'S TOP VEGGIE RECIPES

- 1. <u>Feel Good Juice!</u> Packed with green vegetables, ginger and lemon. I make this every morning after we come back from our run. It sets me up for the day, and takes just five minutes to make.
- 2. Spring Vegetable Noodle Soup with a Chili and Ginger Broth One of my favourite quick-fix recipes to make during the week, it takes just 15 minutes to prepare and make! Packed with delicious flavours of chili, garlic and ginger and lots of healthy vegetables.
- 3. <u>Caesar Salad with crunchy Parmesan Croutons</u> One of my all-time favourite salads, that I have been missing so much during lockdown. You can add prawns, sundried tomatoes, olives, feta and grilled chicken to the recipe.
- 4. <u>Five-Minute Hummus</u> If you are looking for a fast delicious dip then this is perfect for you, served with delicious crunchy spring vegetables! I also love having it as a sandwich filler, on a salad, with roast fish, or chicken.
- 5. <u>Spinach, Leek and Feta Filo Pastry Tart</u> Delicious crispy filo pastry with a creamy filling of leeks, spinach and feta cheese. It's super easy to make as I use shop bought pastry perfect for the weekend!
- 6. Rosemary Clodagh Bread This is my everyday bread, I make it twice a week. No skills involved just a case of stirring, shaping and baking. It's like a traditional Irish soda bread, but made with yogurt and the addition of fresh rosemary.



OUR TOP GREEN BEAUTY PRODUCTS



AURELIA MIRACLE CLEANSER

This creamy cleanser contains probiotic and peptide technologies as well as bio-organic botanical extracts for gentle but deep cleansing. It also combines the essential oils of eucalyptus, chamomile, rosemary and bergamot for a fragrance that is as uplifting as it is addictive.



TATA HARPER THE MED SPA

We love all her green-based products but we're especially obsessed with this facial set while we are at home and waiting to get a real facial soon again.



TENOVERTEN CELERY OIL

This little miracle for healthy-looking, strong nails uses nourishing celery seed extract to help moisturise and protect nails as it softens cuticles.

Use it morning and night to help replenish and restore nails.



TINCTURE IONA HAND LOTION

Manufactured in Norfolk, TINCTURE uses only the finest, most sustainable ingredients. The lona hand lotion is a light and rapidly absorbing cream that combines botanical extracts and active oils, keeping your skin nourished and moisturised.



<u>AMLY DETOX FACE MIST</u> <u>& HAND MIST SANITISER</u>

AMLY is a clean, sustainable, scientifically proven and cruelty-free beauty brand with up to 28 pure botanicals and highly concentrated plant-based bio actives in every product. Here, their Digital Detox Face Mist and brand new Purifying Hand Mist Sanitiser, must-haves especially now.

JADE GUA SHA SKIN GYM

Based on the ancient principles of crystal healing in traditional Chinese medicine, the Gua Sha sculpty tool provides an invigorating face massage, leading to a more youthful and radiant complexion. We especially love the one from cruelty-free skin care brand, Skin Gym.





MARY MCCARTNEY

Photographer, Environmentalist, Chef, Super Mum

What is your greatest extravagance?

MM:. My greatest extravagance is probably the amount of time I spend thinking and daydreaming about food. I love to cook for family and friends, concocting recipes and flavour combinations in my imagination to then try out on them.

I love every second of it.

When and where were you happiest?

MM: I saw the Northern Lights once, lying on the snow in a remote clearing in the Artic Circle. That was pretty special.

What is your most treasured possession?

MM: The camera that my mum gave me when I become a professional photographer, a LEICA R film camera.

Who is your fiction hero?

MM: Huckleberry Finn

What is your motto?

MM: Keep it simple.

Mary McCartney's Favourite Charity:
<u>Linda McCartney Centre</u>

http://marymccartney.com/

FAVOURITE SEASONAL FLOWERS AND PLANTS FROM: JOANNA RHODES, FOUNDER OF HAYFORD & RHODES

Sunset Peony - One of my favourite flowers. I love the vibrancy of the glowing coral and the fluffiness of the petals, over several days the coral bleeds like a sunset into a soft pale lemon.

Scented English Garden Roses – They smell divine and are a true luxury to add to any floral design. This is a peach David Austin Rose.



Sweet Williams are a real show off to colour and who doesn't like the rich jewel tones that they can bring. Such a gem to have and they last for FOREVER!





Herbs bring your senses alive, soft lavender, fresh mint to lime green thyme or robust rosemary. A real treat to add to your bouquet of flowers. Potted herbs will add life to your kitchen and uplift your mood.

I personally love greenery, it lifts and heightens other flowers within a arrangement. I believe the foliage chosen, is as important as the flowers themselves. I try to add 3 varieties into our designs, and if possible something that is scented like trailing jasmine.

Delphiniums are a true nod to summer, and always remind me of Chelsea Flower Show where all the growers have rows and rows of bleeding shades of light blues, dark blues moving into the purple shades. If you are wanting a focal piece in your home a delphinium is a must have.



Hydrangea – A must have at this time of year. I personally love the English grown variety that are mottled shading from purple to blue. Great in abundance by themselves, and great to add to larger focal designs.





OUR TOP 5 FASHIONABLE & REUSABLE BAGS

AIN'T NO PLASTIC BY LUXURY FAMILY AFFAIR

The "Ain't no plastic" shopper from Luxury Family Affair, a sustainable and sophisticated brand, is perfect for a grocery shop or for future beach days.





TURTLE JUTE BAG

This easy to grab handwoven jute bag is not only stylish, but also 100% jute - a sustainable material that grows quickly, needs only rainfall rather than relying on irrigation systems and enriches the soil where it grows for future crops.



AM A PLASTIC BAG BY ANYA HINDMARCH

This olive-green tote bag is made from an innovative cotton-canvas-feel fabric created from used plastic bottles and coated in a material made from car windshields to give it a durable and weather-resistant finish. Not only super stylish, but also kind to the environment.





FILT FRENCH MARKET TOTE BAG

During the 17th century in Normandy, French peasants began making netting for fishing, sports, hammocks, and market bags. You can use this eco-friendly shopping tote everywhere and still look trendy.



OUR TOP 5 ECO-CONSCIOUS FASHION & ACCESSORY BRANDS



CLASSIC CANTEEN

This modern reusable water bottle keeps drinks ice cold for 25 hours or warm for 12. Available in four sizes.



we are one we the people

LINGUA FRANCA CHARITY CASHMERE JUMPER

Purchase any of these three sweaters and Lingua Franca will send \$100 to the food bank of @foodbank4nyc. We love the idea and have nothing more to add than: "We the people will get through this by coming together and remembering that we are all one."



PRIMEBLUE TRAINING LEGGINGS ADIDAS BY STELLA MC CARTNEY

Stella McCartney was one of the first designers in the fashion business to embrace a sustainable attitude. No wonder the fabric of this legging is made of parley ocean plastic, which is created from recycled plastic waste intercepted from beaches and coastal communities before it reaches the oceans.



The Antoinette dress is fully lined with generous petticoats under billowing fine white cotton.

For every Smock item purchased, they give an item to a child in need in the countries the clothing is made. Bright clothes for a bright future.

VEJA TRAINERS

Regularly spotted on the front row at Fashion Week, Veja makes stylish, environmentally friendly trainers with raw materials sourced from ecological agriculture, without chemicals or polluting processes.



- 1. <u>Ditch single-use water bottles</u> More than a million plastic bottles are bought around the world every 60 seconds and less than half of them are recycled. Opt for a cool reusable bottle instead.
- 2. <u>Use reusable straws</u> Hard to say goodbye to straws altogether? The coolest accessory for those who want to sip in style and live a greener life.
- 3. <u>Use clean-packaged cosmetics and beauty products</u>
 Beauty brands are increasingly working to clean up their act, with good reason. Back in 2018, <u>Zero Waste</u> reported that more than 120 billion units of packaging are produced in the global cosmetics industry annually, with non-recyclable plastics among the biggest concerns.
- 4. Opt for fresh fruits and veggies and bulk items instead of products that come in single-serving cups. Once we are back to work, pack your cooked lunch in reusable containers and bags.
- 5. <u>Use a reusable produce bag</u> A single plastic bag can take 1,000 years to degrade. For bag inspiration, go to our Top 5 Fashionable & Reusable Bags!
- 6. <u>Buy boxes instead of bottles</u> Often, products like laundry detergent come in cardboard, which is more easily recycled than plastic.
- 7. <u>Use a razor with replaceable blades</u> instead of a disposable razor.
- 8. <u>Look for a local milk-delivery service</u> that reuses glass bottles rather than plastic ones.
- 9. If you can, support <u>local zero-waste supermarkets</u> or shops.
- 10. Think about alternatives to minimise plastic wraps. <u>Bee's Wrap</u> is a natural wrap for food storage. Keep food fresher longer with their reusable, compostable food wraps!

For more information, please click <u>here</u>.









OUR TOP PICKS FOR KIDS



EDUCATIONAL RESOURCES

- 1. AimHi The first global online school where students can learn, interact with, and be inspired by charismatic experts and exceptional educators, for free. They cover a range of curriculum-linked topics, for ages 8 to 18, to nurture a love of learning, critical thinking, and problem solving, in a changing world.
- 2. <u>Weather Station Kit</u> This multi-function weather kit contains a full set of basic tools to observe and record weather conditions in the comfort of your home. For kids ages 8 and up.
- 3. <u>WWF Climate Change Resources</u> Whether you're a parent seeking ways to make the most of time at home with your children or a teacher looking for inspiring and enriching content for your students, WWF introduces children and young people to the challenges of safeguarding the natural world, tackling climate change, and changing the way we live.
- 4. Science Video for Kids: How to Care for the Environment Do you know the difference between biodegradable and non-biodegradable waste? This video will teach you all about it. Kids will also learn how to reduce, reuse, and recycle waste.
- 5. Environmental education is a process for life and should be included in everyday life. Children can go outdoors to learn about trees, rivers, and birds, but also about environmental problems such as pollution, gas emissions, energy consumption, recycling, and a whole host of other important aspects. Click here to learn more about five ways of teaching children about the environment.

ACTIVITIES FOR LITTLE ECO-WARRIERS

- Upcycle waste Collect and sort your household recyclables, but don't send them straight to the recycling centre just yet. Make crafts and teach your kids that there are lots of different kinds of recycling. Make those milk jugs into watering cans, egg cartons into bugs or turn those cupcake cases into flowers.
- 2. <u>Make a greenhouse</u> Start an organic garden with <u>these</u> great mini greenhouses.
- 3. <u>Compost at home</u> Teach children about composting food waste by turning plastic bottles into your own <u>DIY</u> composter!
- 4. <u>Make a bug hotel</u> Bugs are very important to our ecosystem, so teaching kids the difference between the good ones and the unwelcome pests in a food garden will help them appreciate the importance of their presence. This simple bug hotel is fun and easy to make too!
- 5. <u>Help save the bees Our world's honey bee population continues to decline.</u> Use your garden space to help grow a beautiful (and pesticide-free) environment for your local bees.
- 6. <u>Grow a windowsill garden</u> Just because children are cooped up inside doesn't mean they can't keep learning about the natural world. Inspire a love of nature by helping them grow easy flowers or vegetables.
- 7. Learn to star and cloud-gaze with Star Walk App Do some nightly stargazing to spot planets or identify the major constellations and chart the phases of the moon. You don't need a telescope either, a pair of binoculars will allow you to see the mountains and craters on the lunar surface.



FOLLOW US ON INSTAGRAM <u>@EntourageCollection</u>









Happiness
is the new rich.
Inner peace
is the new success.
Health is the new wealth
Kindness
is the new cool.



ENTOURAGE

If you would like any further information on Entourage Collection, please do not hesitate to contact us:

+44 (0)20 7731 1599

info@entouragec.com

@EntourageCollection

www.entourage-collection.com

ENTOURAGE Concierge ENTOURAGE

ENTOURAGE

ENTOURAGE Travel