



# SUSTAINABILITY TIPS

## Keep it simple

No need to go all out and pick up new paper plates or bamboo cutlery - the most environmentally friendly option is to use what you have at home.

## Stay local

At Brady Family, we've created a map full of amazing picnic spots right across Ireland - one for every county. Why not cycle, walk or get the bus to your local picnic spot, or even just transform your garden or balcony into a picnic paradise?

## Make sure you're not wish-cycling

Wish-cycling is when we pop things into our recycling bin in the hopes they can be recycled - but it creates work for the sorting centre and can contaminate actual recyclable materials.

Double check the packaging if you're not sure.

## Buy Irish

Brady Family is produced in Timahoe, Co. Kildare - where you can, buy seasonal, local produce. Not only does it keep your carbon footprint low, but it's always great to support local farmers and producers and get the freshest, tastiest food in the process!