

Season 1 Episode 4 – Guilty Greenie Back to Basics

Cait Bagby: Hello, and welcome back to Guilty Greenie live on Fireside from the Climate Collab Auditorium. We are your imperfect hosts. I'm Cait Bagby,

Sarah Ferris: and I'm Sarah Ferris. And I don't know about you, but with tired of perfectionism in trying to live more sustainably. Now, personally, I feel that if I'm not living under a bivouac eating foraged, crickets and mealworms stir fry, I'm pooping all over this glorious planet, no matter which way I turn. So let's get real for a minute and focus on what we can achieve because I've got no intention of living without some of my creature comforts.

Actually, I don't even know what a bivouac looks like but I reckon I could stomach some mealworms. But don't get any ideas, Cait. Join us as we bare it all. We'll share our own guilts, share our journeys, and just add some levity in our attempts and fails to be more eco-friendly but in the real world.

Cait Bagby: The good, the bad, the laughable. And today we are going back to basics. We should have a sturdy foundation to understand why we are trying to live more sustainably.

Sarah Ferris: Yeah, absolutely. The reason that we landed on this topic was because Cait is an expert in this area and I am not. I know we need to save the planet and that the temperatures are rising but, if somebody said to me why I probably couldn't tell you an articulate sensible answer. So I want to assume that the listeners are a little bit like me, someone who wants to do better, but doesn't always have the time to invest that deep dive on the topic.

And, I just want take away bite sized chunks that are actionable. That's where you come in Cait because I'm going to mine your information and you're going to help me fill in those gaps. So I want you to start with giving me a helicopter view of the why.

Cait Bagby: First off, I just want to say, I can see how this relationship's going, Sarah. Just extractive in nature.

Sarah Ferris: Sorry about that.

Cait Bagby: No, are you kidding me? I live for the weekly challenges and to hear, one how you did, but also your family's thoughts on it. Literally, I looked forward to every week and we're going to get to that a little bit later, cause I actually gave you two challenges last week.

Sarah Ferris: You did.

Cait Bagby: We're gonna see how that goes. But alright, helicopter view: why? Why should we be living more sustainably? There's a couple of reasons. The first is it slows climate change, right? We know right now the planet is warming due to human caused activity. When I say human cause d, I want to be clear on that. I'm not saying all humans. We know that it is

typically the Anglo Western world and industry. We'll talk about that a little bit later too. I'm just saying humans because we know that while greenhouse gases are normal, the rate that it's happening at is due to human activity and industrialization. Number one: Living more sustainably helps us slow climate change. Number two: it helps to protect the environment and biodiversity creates a healthy planet for people, animals, soil, all of that.

It also creates stronger community.

Sarah Ferris: Ooh, how?

Cait Bagby: If you start to move away from this scarcity mindset and especially the mindset of acquisition, you really then get to focus on connecting with people and learning from people and you step outside of that nine to five rat race, where everybody's just trying to accumulate, accumulate, accumulate, whether it's stuff or wealth because that's the perceived way to quote unquote, get ahead in life.

But it actually contributes to the problem and separates us as a community. We view it as a competition.

Sarah Ferris: It's true. That has really clearly come into focus over the last year with COVID, how we've been living in our neighborhoods and I don't know about you but, I live in a suburb and we've got, a streets Whatsapp that came into play only because of COVID and we started with that kind of old school swapping resources at the beginning when people couldn't get pasta or couldn't get toilet paper. So yeah, I get that. That whole bringing it back to the small community and living in your space.

Cait Bagby: That's the point. You can have very strong and rich communities, even in cities. I love that you all set up a WhatsApp. Our town, has a Facebook group, actually, several of them, but one is called 'reuse, reduce, recycle.' I hosted a party pre COVID and I was looking for a champagne bucket and I put it out, "hey, does anybody have a champagne bucket I can borrow for X, Y, and Z date. I'll get it back to you." And not only did I get the bucket, but they gave me silver Polish and the whole deal was great. It was so nice.

Sarah Ferris: Was that because they wanted it back clean?

Cait Bagby: Yeah, probably. They were so apologetic because they were like " we started to clean it up. We just ran out of time." I'm like, "I don't expect you to clean it for me. You're already doing me a favor."

Sarah Ferris: I've got a vision of them, like dropping around a whole lot of silverware as well with it just going "and by the way..."

Cait Bagby: But, that's what I mean by strengthening community. When you stop acquiring and are able to start connecting with people and realizing I don't need to buy a new pie plate. I can ask my neighbor for this: it really strengthens your own community and it also helps with difficult conversations which we find ourselves in the midst of with COVID and climate

change. Everything feels very, very tense. But when you know someone personally, because they've borrowed sugar from you or a pie plate, clearly I have baking on my mind today...

Sarah Ferris: You a bit hungry?

Cait Bagby: Tiny bit. When that happens, it becomes really difficult to have contentious conversations or to see yourself as separated from someone when they are part of your daily life.

Sarah Ferris: That makes sense.

Cait Bagby: Two other whys. When we talk about the word sustainability, it talks about ensuring there are resources for future generations. We want to make sure generations that come after us, Sarah, I know you have children, that not everything's depleted. That they can live healthy and happy lives in balance with the world around them.

Sarah Ferris: It's definitely important. You want to leave the planet for the future generations.

Cait Bagby: One of my favorite, I guess it's a proverb. I forget exactly where it comes from though. The gist of it is, it says "selflessness is planting a tree today, knowing that you will never sit in its shade."

Sarah Ferris: Oh, that's beautiful.

Cait Bagby: Last one, we've seen this a lot in the past year and a half; improves health. Living sustainably, helps with air quality. It helps with water quality, food. You name it. Once we look at things and how they interact. Our health improves as well.

Sarah Ferris: No downsides there really in terms of the why, but what happens if we don't change? I am filled with terror that David Attenborough is always telling me that I have screwed up the planet. When he dies, I feel like the whole planet is going to die because he was the last one kind of holding it together. What happens if we don't change?

Cait Bagby: Essentially all those positive get turned into negative. We won't go into the doom and gloom because the world is so full of doom and gloom. We see the headlines all the time. We're seeing it this year with increase in forest fires, record temperatures, flooding, mudslides, more precipitation, less precipitation.

If we continue to ignore it or continue to put a bandaid instead of really fixing the root cause of it: climate change speeds up, we continue to lose more biodiversity and trash the planet. We lose millions of lives, whether that's from poor health or from disasters. And I don't even want to call them natural disasters because at this point they're manmade. We're creating the problem, which is creating these fires. Sure, no one's taking a physical match and lighting the forest, but based on our activity- And again, our, that's a very loose term, we're creating the conditions for this to happen. It's going to be a massive problem if we don't do anything at all.

Sarah Ferris: Tell me the when. How long have we got before we can't unscramble the egg?

Cait Bagby: The tipping point?

Sarah Ferris: Yeah.

Cait Bagby: The when is now. Change needs to happen immediately. We see different reports, government officials coming out, and industries saying, this is just a broad example, "by 2030, 50% of cars should be electric." No, not by 2030. 2030 is nine years down the road. It shouldn't be 50%. We should be aiming for a hundred percent. But then I won't even get into the car thing. You can't just replace fossil fuel with renewable and continue a consumption pattern and expect the outcome to be any different. It's just kicking the can down the road.

Sarah Ferris: Well, that's my next question. One of the things that I feel I don't really have any power to change it. Sometimes I hear that it's big business that's creating the problem so what difference is it going to make that I'm using a reusable bag. Or it's the government policies.

Like you just said that electric cars coming in in 2030. That it's not soon enough, what can I do? I can buy an electric car, but what is the real answer there? Is there hope that we can change all of these factors and what are the biggest culprits?

Cait Bagby: In terms of responsibility, and this goes back to the conversation about anthropogenically caused; it's human caused. We know that the surge in emissions started with the industrial revolution and really ramped up after the 1950s, specifically from the Anglo Western world. The people who are affected most are those who literally contribute the least in terms of carbon emissions.

These are the people whose island nations are flooding. They will eventually have to relocate. These are the countries where plastic is polluting their riverways because it's being shipped out from Western countries for them to deal with. We're not being responsible for our own behaviors, essentially.

Within that, it's just 100 companies that are responsible for 71% of global emissions since 1988 and half of that emissions can actually be traced back to just 25 corporate and state owned entities. This includes companies like, no surprise here, ExxonMobil, Chevron. Responsibility really does come down to these 100 companies. If you're continuing to pull fossil fuels out, whether it's to power car or to create plastics or whatever else we use fossil fuels for, which is pretty much everything.

If you're continuing to extract and if consumption rates are getting more and more then yeah, we're going to, we're going to blow past the 1.5 degrees.

Sarah Ferris: Right. What can I do? Give me three things that I can do perhaps to make an impact in maybe one big business. What's effective to make them change, and in government? And then obviously we can talk about the consumer behavior, which is

something that we do have control of that we probably can discuss. But the big business and the government, I don't know where to start with that.

Cait Bagby: We, as individuals like to have action-oriented tasks, it makes us feel empowered and it makes us feel powerful. But we do want to keep it in perspective: consumption is a massive part of the problem. If you're just going out there and buying this instead of that, that's not addressing the root cause. It should be cutting down on the things we actually need in life. Like how many of us actually need to buy the same shirt in five different colors or do we really need to buy that snack in a plastic package? Or are we just feeling impulsive at the moment? Or is there marketing that's pushing us to say we have to have this latest thing? The most powerful thing we can do: one really reevaluate our relationship with stuff and ask ourselves, do I really need this much stuff in my life? Or is it a way of self soothing?

Sarah Ferris: Or habit, right? It's habit as well. That's part of it.

Cait Bagby: It's habit and we need to be clear that this habit has grown out of very clever marketing campaigns. These businesses wouldn't be the size they are if we had said, "well, hold on, I'd rather go run around in the yard with my friends and play a game of tag." As opposed to, "oh, I need a wiffle ball and I need a bat and now I need this and this." In order to play a very similar game. These companies told us if only we buy 'this' we'll feel so much better. It will be so much easier. It will be this and this and this. One of the best examples, there's a beer company that had a really famous ad couple of years ago, a TV ad that essentially says "you had a hard day at work. You've earned this..."

Sarah Ferris: Did I have that here? I don't know.

Cait Bagby: You've earned, spending your money on something you didn't need in the first place in order to feel relaxed. So now these companies tell us what to buy, how our emotions should be... in order to feel relaxed, I need to drink a beer. You can put whatever spin on it you want but at the end of the day, they're telling you how to act. That's my rant of the day.

Sarah Ferris: I love your rant of the day. I'm going to take away from that, that I need to just pause any time I feel like I'm about to purchase something and just maybe an hour challenge. Say right, "if I don't want it in an hour, job done."

Cait Bagby: That's a great takeaway. Before I got into sustainable fashion, when I realized I was just buying too much clothing, I set a deal with myself and I said, "three weeks, if you see an item and in three weeks time, you are still not passively thinking about it, but obsessive thinking about it, then you can buy it."

And do you know how many items I bought over years of doing this?

Sarah Ferris: Oh, I don't know. I tell me I'm reckoning zero.

Cait Bagby: One or two. I realized, oh, I saw it or something similar and I thought it looked really cool but at the end of the day, it didn't fit who I was. I thought I needed to have it in that moment. It's a little game to play with yourself.

Sarah Ferris: Yeah. I'm up to that. You know, I love a game.

Cait Bagby: That's not your challenge though.

Sarah Ferris: Okay, fine. I'll just add it to my list of little tips and tidbits that I need to work on. Okay, so let's go to, what are the biggest myths and disinformation about sustainability that's out there.

Cait Bagby: There's a lot, there's some big whoppers out there in the world especially because the word sustainability or green or eco have become really trendy in the marketing space and it's not regulated. This is where consumers have an incredibly powerful role to play.

Companies are seeing that consumers want more sustainable options in their life. The unfortunate part is that they're changing the language without really changing the product or practices.

This is where it comes down to consumers to ask questions.

The biggest myths that we're seeing is consumers are to blame. Consumers have power to change how businesses operate. If we stop buying things, they're going to stop creating, for the most part, some of the products.

Sarah Ferris: Right.

Cait Bagby: We see this with recycling campaigns. "If only people recycled, we wouldn't have a problem."

Well, that's not how that works. The recycling campaign was actually started in order to shift responsibility and put it onto the consumer, knowing full well recycling capabilities didn't exist and they were creating plastics, which had to be separated, but the technology did not exist or was not scalable for it to be separated.

Sarah Ferris: So is that still the case now that recycling...

Cait Bagby: Yeah.

Sarah Ferris: Really.

Cait Bagby: It's nine or 10% of plastic in the world is recycled. That's it?

Sarah Ferris: It's so devastatingly disappointing that when you hear things like that, isn't it? It seems like an easy thing to do, but why is that so hard?

Cait Bagby: Because there was issues with technologies, scalability, and also where money was being invested. So money wasn't being invested in the technologies. Money was being invested in the product. Not to mention that most plastics, even if they are recycled only have a one to two use... It's an obsolete product. It degrades over time. You can only reuse it so many times.

I feel like we kind of got off track there about consumers to blame, but consumers are told, "recycle, just recycle." I would say just don't buy the product in the first place unless you really need it.

Sarah Ferris: Yeah. I'm hearing that loud and clear.

Cait Bagby: Another myth that really gets under my skin is that living more sustainably is expensive.

Sarah Ferris: That is something that I've heard.

Cait Bagby: The statement living sustainably is more expensive, essentially it's reinforcing a hyper capitalistic, hyper consumerism marketplace where you are literally exchanging one product for another. If you are living more sustainably, authentically by its very nature, you are stepping out of that hyper capitalistic system. You are saying I'm not going to be buying products just because I'm being told I have to. Living more sustainably, this goes back to what we talked about at the beginning in building a stronger community, is borrowing things from your neighbor. It's sharing things. It's saying "I'm not going to buy a dress for an event. I'm going to borrow it from someone cause I know I'm only going to wear it once."

Sarah Ferris: I love that. My favorite line of our whole series that we've done so far is that sustainability is the new frugal.

Cait Bagby: And when you start to look at it, in terms of, you're not replacing a product, you're changing your lifestyle, you already are on that journey.

Sarah Ferris: That's a really good point.

Cait Bagby: A broad example, in kitchens a lot of people use clingfilm, or plastic Tupperware, or tinfoil to cover their dishes or whatever. What happened to just using a normal bowl and a kitchen towel over it? Or the lid to the pot for storage? Why did we have to buy special containers in order to store things, which also by the way, leads to food waste, because now instead of opening my fridge and being like, "oh yeah, I need to use that pot again therefore I should probably eat the leftovers." it sits in these plastic containers or even glass where we think everything is disposable.

I'm really ranty today, Sarah.

Sarah Ferris: No, I'm feeling your frustration with it and I totally get it. It is definitely changing the mindset because even yesterday we were in the kitchen and my husband was pulling things out, trying to put food away after dinner and he started ranting going "why does none of these bloody things have lids that match. I'm going to throw them all out and start again." And, jeepers I'll tell you what, the kids and I just went at him and we were like, "you can't do that. That is so wasteful." I mean, we're reformed planet wreckers in our house. We're trying to do our bit, but I get where you're coming from. So rant away.

Cait Bagby: This is where I say it's a systematic failure. It is not an individual failure. This is a systematic, a political and industry failure. We can swap out products but until we address these bigger issues, it's going to be tough. There is a reason we have billionaires and it's not because they're way smarter than the rest of us...

Sarah Ferris: You lift me like on a cliffhanger then. I was like, just going to give me... I'm going to be a billionaire next week.

Cait Bagby: The top three tips to becoming a billionaire in 60 days, tune in next week.

Sarah Ferris: NFTs - go, go, go. The one thing I want to ask you is if you could tell a person one thing that you want everybody to know about sustainability, what would it be? Just one thing. You've only got one sentence. Go.

Cait Bagby: You have more power than you think it's just not being directed in the right place.

Sarah Ferris: Ooh, put that on a bumper sticker. That's great.

Cait Bagby: Individuals have way more power than they think but if it's directed towards buying, it's misguided.

Sarah Ferris: Right. Okay. So can you give me any examples of the sustainability changes that have actually worked and the impact can be seen?

Cait Bagby: Yes. Pipelines have been shut down because of protest, people constantly writing to their governments, and turning out and saying, "no, we don't want this."

Sarah Ferris: Okay.

Cait Bagby: Another one, which I know everybody's heard about, is the straws. Banning of straws and single use plastic bags, things like that. That's been a really successful campaign and you'll get a lot of people that say, "yeah, but straws are only small percentage of plastic waste."

Does it matter? Does it matter if it's 1% or 5%? What matters is you've just reduced plastic pollution by 1%. And in my opinion, great.

Sarah Ferris: I think so too. Just the little changes that we can make gives us some power.

Cait Bagby: Yeah. In my opinion, change comes about much faster when we start to group together as a community and say, "Hey, if we all work together and share our knowledge, we grow stronger."

It is a really great lesson in learning when to say, "I don't know and there are people who this is very much their lived and academic experience. This is what they fight for or against. Let me connect you with that person."

Sarah Ferris: I love that. Okay. Have you done your myths?

Cait Bagby: Yeah. That's enough ranting. There are more myths out there, but I will spare the audience.

Sarah Ferris: We've got plenty of weeks left to rant.

Cait Bagby: Enough, with the rants. Let's talk about the high points, the low points and your challenge.

Sarah Ferris: Okay. Can I start with my high points? Because I had a lovely, lovely greenie Sunday. I went to visit my local refill larder and in my mind I was channeling Cait and thinking "right, we've done an episode on the laundry. I'm going to go and see what the other detergents are." So I came away with those laundry sheets. If you go to my Instagram or to the Guilty Greenie Instagram, I put up some lovely photos. In the photo, you'll see beautiful packaging. Everything still looks pretty. As a consumer, I do actually like buying those products. I don't feel like I'm cheating myself if you know what I mean. So I bought that and I got some bees wax wraps so that we can solve the problem of the missing lids for the plastic Tupperware that the husband's ranting about.

Cait Bagby: Oh, I like that solution.

Sarah Ferris: Thank you. And then the other thing that I discovered, and I haven't used these yet is... they're called ocean saver pods. They go into a cleaning spray bottle that has been used, so you can recycle it and refill it and you just drop these tabs into it and shake it up.

Cait Bagby: There's been a push in the last couple of years to, instead of buying a new plastic bottle of cleaning spray or whatever, you just drop the tablet into water and it dissolves so you don't ever have to buy a new container. Which is awesome.

Sarah Ferris: Yeah. It's a lovely, lovely shop. And it has been well curated.

Cait Bagby: I think you're going to love the laundry sheets. I love mine.

Sarah Ferris: They really smell delicious and they're not even out of the packet. There's nothing like when you change laundry fabric. I remember doing it a couple of months ago

and I couldn't sleep and I couldn't work out why. It was because I'd changed detergent and the smell of my sheets, you know, cause I'm in the UK, I only change them once a week.

Cait Bagby: once a year.

Sarah Ferris: My bad a year.

Cait Bagby: I took my seasonal shower last week, so we're, we're on the same..

Sarah Ferris: We're saving water one, person at a time. I love it.

Cait Bagby: If anybody does not understand either of those references, I would highly suggest checking out our episode on showering: the naked truth and... um,

Sarah Ferris: ...the laundry. It sounds boring, but it was horrifically eye opening that episode. So those were my high points, Cait, what was yours?

Cait Bagby: One of my wins for this week is I went apple picking and I bought so many apples from my local orchard. And the reason I bought a ton of them is because I'm going to make apple sauce and I'm going to freeze it. Then I can have it throughout the winter, which means I'm supporting my local farmer and I'm buying seasonal products so I'm not going into the store in January and buying apples that have been shipped halfway around the world.

Sarah Ferris: See. I love that idea but do you then have to go out and buy a whole lot of glass containers to store it?

Cait Bagby: No, I actually, I pilfered a wedding. This was years ago, my sister got married and their glassware at their wedding was the ball jars, canning jars. Afterwards she's like, "I'm just going to donate them." And I was like, "no, you're not. I'm going to take them." So they're a mix of my drinking glasses and now I have canning jars as well.

Sarah Ferris: Amazing. It's so American of you just, can I say that you're going to make app... are you going to make apple sauce?

Cait Bagby: Yeah. Like a bunch of apple things, but yeah.

Sarah Ferris: Right. Okay. What do you use apple sauce for? Random question.

Cait Bagby: I just eat it.

Sarah Ferris: With what?

Cait Bagby: By itself. You can use it for a lot of stuff, but I prefer it just by itself, as a snack. Do you not do that?

Sarah Ferris: Well, that sounds like baby food to me. I'm going to want to have that wrapped in some pastry. That's what I'm saying.

Cait Bagby: Really popular in New England is pork to put it with like pork chops or pork loin.

Sarah Ferris: You're talking to a vegetarian, so it's not, I want the pastry.

Cait Bagby: Omg I forgot that.

I did also plant some native grasses. My nursery has a very, very big native plants section, which a lot of places don't. Not saying that they don't carry native plants, but it's not separated out and so most people would assume if they're selling it in the area it must be native to the area. That is often not the case. And, so I bought some native grasses to plant in the yard. So that happened.

Sarah Ferris: Well done you. That's great. Let's go onto the bad stuff though.

Cait Bagby: Yeah. Cause I'm so curious

Sarah Ferris: What was..

Cait Bagby: Mm mm, we'll get to mine in a second. What the heck are jandals?

Sarah Ferris: Oh, that's hilarious. I confessed to Cait earlier that my low point was that I bought a pair of jandals on holiday. And she was like, "what the hell?" And I said, "well, you just said about to the show and I'll tell you what they are". So jandals, I think it's just, a Kiwi thing, but it's what we call... they call them flip flops, I think? What do you call them? Thongs?

Cait Bagby: Uh, flip-flops.

Sarah Ferris: In Australia? They call them thongs, which is another whole confusing issue.

Cait Bagby: Hawaii, I think it slippers.

Sarah Ferris: Oh really? There's another one to add to the list, but we call them jandals. When I was on holiday last week, I was walking and my jandal just popped off and I was like, "oh my God, what am I going to do?" And all I could hear in my head was Cait going, "Your challenge is that you're not allowed to buy any clothing this month." and then I was like, "did she say footwear?"

Cait Bagby: Hmm. I see how you're stretching this.

Sarah Ferris: I had to, because I couldn't walk around with one jandal on for the rest of the holiday.

Cait Bagby: Could have been really entertaining.

Sarah Ferris: Even just walking back into the hotel, I looked like I was not supposed to be there.

Cait Bagby: When you said jandal what popped into my head was a jean sandal. A sandal made out of denim. That is what popped into my head.

Sarah Ferris: Is that what you really thought it was going to be like some kind of like denim based shoe?

Cait Bagby: Yeah. That's exactly.

Sarah Ferris: Well, that's a good way to recycle denim. There you go. Cait.

Cait Bagby: Oh, no, thank you. I'm not going to start that trend. It's not happening.

Sarah Ferris: Go on. So what was your low point then?

Cait Bagby: My low point was I used, I feel like I can't even say this, I used a plastic spoon: single use.

Sarah Ferris: Shame Shame, shame.

Cait Bagby: I understand for a lot of people, they're probably like, "yeah, of course it happens." Yeah. It's probably been the first time that I've used single use silverware in years.

Sarah Ferris: That is impressive. I think you can let your conscience rest just for one plastic spoon.

Cait Bagby: There have probably been other moments in those years, but none that I can remember.

I got to see my nieces and nephews for the first time altogether in almost two years. We went apple picking and at the end there was a little ice cream stand and so we all got ice cream. I had two options: I could do a cone or I could do a cup. I would probably go for the cone, except that I'm allergic to it.

What was interesting is I was so invested in the time I was spending with my family. I really didn't even think about it until afterwards. Then there was a twinge of guilt. I feel like there's more guilt now, but in the moment I was around my family for the first time in almost two years.

Sarah Ferris: Yeah. Sometimes things are just bigger than a plastic spoon. Aren't they? But anyway.

Cait Bagby: Let's talk about last week's challenge. There were two challenges issued. One was Second Hand September, no new clothing, and we see that one's going well.

The other challenge was because you were traveling and we know fuel is calculated on a weight of the plane, you were challenged to only bring a carry on in order to cut down on weight. How did it go?

Sarah Ferris: I think I nailed it. As I do each week after the show, I go and tell the kids and Gareth what the challenge is, but the kids didn't actually think that you took that challenge far enough. Let me just play a little audio of how they reacted

" So the Guilty Greenie challenge this week is, lucky for you guys not going to affect you because well, part one is that I've got to pack only carry on luggage for the trip coming up."

Sarah's Family: "If you really cared you would swim instead of taking a plane."

Sarah Ferris: "Well that's not happening."

Sarah's Family: "Well then, you're not really having much influence on the carbon footprint."

"So it doesn't affect me?"

Sarah Ferris: "Well, there's a second part to the challenge and this does affect you. So September is a month where you're only allowed to do second hand clothing, Second Hand September. So you got nominated by Cait to do it with me. We're not allowed to buy any new clothes. Everything has to be second hand..."

Sarah's Family: " I don't buy any new clothes anyways."

Anyway. "Wait, does that mean that I get to buy clothes?"

Cait Bagby: Can I just say I love the direction they take it in every week.

Sarah Ferris: I love the fact that Aviana didn't hear buy nothing. She heard buy differently. And can I also say it's already saved me money, this challenge, because yesterday she comes, she says, "I've got no winter clothes" and I'm like, " oh, do you know what it's Second Hand September."

She's on board with that, which is great. I actually put some pictures on the Instagram as well of my packing success. I was really proud of myself because I felt free. You saved probably half a day. Normally when I pack, I like have to put everything out and think, am I going to use that? No, not sure. And I put it in just in case and I ended up overpacking. I paired it right down to just three outfits that I just wore on loop and t-shirts that I could interchange with everything. They're really a capsule wardrobe. It's very proud of myself.

Cait Bagby: You should be proud of yourself.

Sarah Ferris: It helped because it was somewhere I was going that was warm. But what didn't help was that when I told Gareth that I was going just take carry on luggage, he took it upon himself to ruin all of my good work. And if you look at the Instagram pictures, you'll see that he ended up wiping it all out with just overpacking. He took two big suitcases and I just was like, "I can't even be with you right now."

Cait Bagby: You can't be responsible for other people, but you can tell them, you can encourage them but, at the end of the day, people are going to make their own decisions. Who said, "oh, you should swim?"

Sarah Ferris: Oh, that was Josh, the 16 year old. Just make it as hard as possible for mom.

Cait Bagby: This week's challenge, I'm roping all the kids and Gareth into it.

Sarah Ferris: Oh, God. Just make sure there's no swimming involved cause I'll drown. I can't swim to save myself. The other thing I was going to say that was an unexpected win on the carry on packing was when I came home, I had hardly any washing to do. Normally, when I come home, I empty out the suitcase and think, "well, you've all kind of been mixed in there together. I don't know what's clean and what's dirty now" and I'll end up over washing. But it was nice. It took me about two seconds to unpack. So yeah, I'm embracing that for sure.

Cait Bagby: Isn't it interesting in a certain way it's almost like a domino effect. One good habit begets another good habit and so on and so forth. Speaking of good habits are you still doing any kind of line drying whatsoever or no?

Sarah Ferris: Any kind of what? Line drying?

Oh, it's said line drawing and I'm thinking you didn't give me an art challenge.

Cait Bagby: Or line dancing. Any lines will be fine.

Sarah Ferris: I am. Absolutely. I'm looking out my window right now, Cait, and you'd be very proud of me. I've got a very full clothes horse.

Cait Bagby: I love that. You are just rocking these challenges.

Sarah Ferris: Thank you very much. Thank you very much. I'm here until Well, another 10 minutes. What's this week's challenge be? I'm nervous.

Cait Bagby: Seeing, as we talked about going back to basics and putting the responsibility on the correct shoulders while understanding we do have more power than we think we do. This week's challenge is to find a company who's creating a harmful product that could be swapped out and send them an email or send them a tweet.

Sarah Ferris: Oh my God. Okay. Hold on. Let me just clarify what the challenge is. I've basically got to find a product or go into sort of a store, look at what they're selling and I'm going to send you an email or talk to the manager and say, "you need to swap this out for something that's more eco." yeah?

Cait Bagby: Yeah. It can be a product. It can be a company. And this is why I'm interested to see where the whole family goes. What direction everyone goes in.

Sarah Ferris: Mmm. I'm absolutely intrigued as well, because my mind is blank. Normally when you give me the challenges, I think, "okay, I can do that", but there's nothing that's jumping out at me. It's a really good challenge. Well done. I'm excited for this one and I'm excited to see where the family goes with it as well. They're all a bit nuts. They'll all be in five different directions.

Cait Bagby: I'm curious to see if they take the person to person approach, the email, or the social media approach. There's different methods and different...

Sarah Ferris: Big business, straight to the top or are they going to go local?

Cait Bagby: Join us next week to see if Sarah accomplished her challenge for more, the good, the bad, and the laughable.

As we tackle our own sustainability journeys, exclusively on Fireside in the Climate Collab Auditorium. Thank you for joining us on this week's episode of Guilty Greenie.

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Sarah Ferris: Bye-bye.