

## Guilty Greenie: Season 1 Episode 10 Swaps, Hacks & Revenge

**Cait Bagby:** Hello and welcome 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 started this first season of Guilty Greenie with a carbon footprint that would probably make big foot feel inadequate. But with Cait's expertise, it is heading towards a size behooving someone five foot, three in stature. So join us as we navigate our way through the real world whilst trying to stay consciously green.

**Cait Bagby:** We're always learning something new on Guilty Greenie, including now Sarah's height. Perfect way to wrap up the season.

**Sarah Ferris:** Did you think I was really tall?

**Cait Bagby:** I did actually. I thought you were like five, eight. I don't know why.

**Sarah Ferris:** Did you really? I bet you are projecting because I think you five, eight.

**Cait Bagby:** No. I'm five, five,

**Sarah Ferris:** Oh, okay. That's funny.

**Cait Bagby:** a bunch of average women in the house.

**Sarah Ferris:** I'm a low average to be fair, but I'll take average when it comes to height.

**Cait Bagby:** But join Sarah and I, as we share our own journeys, the good, the bad, and the laughable. And today we are talking about our top five swaps. Essentially, I will be testing Sarah throughout our final episode of season one to see if she actually picked up anything and what has stuck with her.

**Sarah Ferris:** Oh, I didn't know that you were going to be quizzing me because that's stressful.

**Cait Bagby:** As I say that, um, I'm thinking, oh, I didn't create any questions so this is going to be the easiest and worst test ever.

**Sarah Ferris:** Thank God. I snatched from the jaws of defeat for me.

**Cait Bagby:** Right on the brink pulled your back.

**Sarah Ferris:** Yeah.

**Cait Bagby:** This is the end of season one. We're on episode 10 and we've covered quite a bit. We've covered everything from our favorite topic, laundry.

**Sarah Ferris:** Relentlessly.

**Cait Bagby:** I know I'm telling you season two, we're going to have bingo cards.

**Sarah Ferris:** Mm,

**Cait Bagby:** have one listener win I don't even know what they're going to win..

**Sarah Ferris:** well some laundry strips would be the obvious prize there.

**Cait Bagby:** Little on the nose, but I do like it.

**Sarah Ferris:** Hmm. I was thinking of other bingo things that could go on the card and as we're recording this episode seven has just been released which is about dying to be green and there's a really bad line in there about auntie Mary floating back up on the beach after she's dead.

So maybe we could put auntie Mary as a bingo card and see how many times I can bring that into series two.

**Cait Bagby:** I want auntie Mary and I also want, you have a saying, which I love and I've never heard of before, which is bish bosh bash.

**Sarah Ferris:** You've never had bish bosh bash?

**Cait Bagby:** You've said it several times and I want that on the bingo card. I want, how many times is Sarah going to bish bosh bash?

**Sarah Ferris:** Oh my gosh. I didn't know that was a thing that you didn't know. Okay, great. Anyway, we digress. Let's dive straight in to some of the swaps that have become permanent in my household since we've done the series. When I started off had a ways to go, wouldn't you say?

**Cait Bagby:** You were starting out like I started out just, there was about a decades worth of difference, which is I started from nowhere. I didn't know where to begin. And, uh, yeah so you started where everyone else has started.

**Sarah Ferris:** I think that's ironic, because I'm probably 10 years older than you as well and so I'm really 20 years behind you if you would look at it that way.

**Cait Bagby:** It's not a math show and we don't keep score.

**Sarah Ferris:** Every time I bring out the numbers. So the first one that I think has been probably top of my list of changes that is going to stay and I have to say, it's the one that I was most resistant to is composting.

**Cait Bagby:** Yeah. I'm surprised that was the one you were least looking forward to. I thought for sure it would be the no streaming of podcasts or music.

**Sarah Ferris:** Mm. Yeah, I guess it's not messy though, right?

**Cait Bagby:** Yeah, that's true. What would a challenge me without a little bin juice.

**Sarah Ferris:** That's going on the bingo card. That's what really puts me off and I still am really annoyed at the bin juice situation. But, I have to say it won't go away because the stats that you told me about when we were doing the episode on composting and why we had to do it. I mean, I couldn't tell you for love nor money what they are now, but you can.

**Cait Bagby:** Yeah. If food waste were a country, in terms of carbon emissions, it would be the third largest carbon emitter after the United States and China.

**Sarah Ferris:** Yeah, and that was enough for me. I'm not going backwards on that. That's something I can change. And it works cause it's just a little bin, so it was enough and I've been getting to it before the compostable bin liner compost.

So yeah, exactly.

**Cait Bagby:** Now are your husband and Josh getting better about putting it in? Because I know that was a little source of tension.

**Sarah Ferris:** Yeah. It's still a source of tension. I'm not gonna lie. Um, we have lots of items in our house that had just millimeters away from the bin. Millimeters, from the compost bin. But you know, 21 days to change a habit, I'm just going to keep plugging away at them. And every banana skin that is saved in the making of that compost is a win in my house.

**Cait Bagby:** Do you know, I've seen some people make banana skin bacon and there's candied banana skin.

**Sarah Ferris:** Why

**Cait Bagby:** So apparently the banana skin itself is very high in some type of vitamin. And I couldn't tell you which one, but that was one of the challenges, make a zero food waste dinner and there's been a lot of content that's coming out to show people how to use the different things that we would typically just throw out.

**Sarah Ferris:** I think we should start a Tiktok channel and try all of those things on it. We should actually video ourselves, making banana skin bacon and see what it looks like. I've got no idea what that is. None.

**Cait Bagby:** zero waste hacks?

**Sarah Ferris:** Yeah, I like it. okay. So yeah, that's one that is staying with me. Number two is something that everybody can do and it's just something that's now hardwired into me. Every time I go to buy something, I do two things. First I ask myself, do I need that? And secondly, if I do need it, I will put the word into the search bar - sustainable

**Cait Bagby:** Um,

**Sarah Ferris:** for whatever it is. And I didn't know how many random items just by putting that word in have sprung up for me on the interweb. Um, so there's been a couple of wins and a couple of losses. Over the period of the season, I have had eco badges made.

**Cait Bagby:** the disintegrating eco badges to be fair, that wasn't, that, that wasn't the badges fault. Sarah just threw it in the laundry. So

**Sarah Ferris:** Yeah, that's true. User error. And number two is eco pens. Did you know these existed?

**Cait Bagby:** Yeah we talked about it last episode maybe? Because the question I had for you was did they come with any instructions as to how to discard the inkwell in the middle of it? I was very curious about that.

**Sarah Ferris:** No, it did not. It was all cardboard around the outside and the inkwell. Yeah. That's the guilty bit, I guess. I'll have to step it up.

**Cait Bagby:** No, but it's cutting down on excessive plastic,

**Sarah Ferris:** Yeah. True. I mean, what's my other option. I start my own blood to write with, I'm not sure.

**Cait Bagby:** I don't know if you've heard of this.

**Sarah Ferris:** Oh, I'm scared where this is going.

**Cait Bagby:** a pencil.

**Sarah Ferris:** Oh,

I thought were going to say something really awful like people are using their saliva and coloring it with natural dye and dipping it into an inkwell

**Cait Bagby:** There's a funny story and I don't know if it's true at all, but how the story goes is that NASA spent millions of dollars trying to come up with a pen that would work in zero gravity, and the Russians brought out a pencil. And I don't know if that story is true at all.

**Sarah Ferris:** That's hilarious if it is.

**Cait Bagby:** one of the better ones,

**Sarah Ferris:** Oh my gosh.

**Cait Bagby:** They have pencils now to where once it gets down to the very bottom, like the eraser nub kind of bit, once you use it all up, you can plant them. On the pencil itself, it will say like parsley or cilantro, and it has the seeds in it and then you can just stick it in your gardening pot.

**Sarah Ferris:** That is so cool. I love that idea. The other thing that I've adopted, and I don't think I've told you about this before is I've bought whiteboards. The white board has cut down all the paper waste in my office. I love it. Revolutionized my life.

**Cait Bagby:** See, I have a guilty habit of, I have a whiteboard where I put all my projects on. I use it for more, long-term planning out, but I have a very bad habit of using post-it notes on the whiteboard, writing on the whiteboard. I put my post-it notes and kind of move them around and then, you know, write on it as well.

But I'm a post-it note queen. I wouldn't function without them.

**Sarah Ferris:** I do love a post-it note. I'm sure you can probably get eco ones as well.

**Cait Bagby:** I love that your terminology and your familiarity with these terms is growing. Everyone starts from somewhere. I started from knowing nothing, just a curiosity and went from there, and same for you. And that is such a good first step is just to familiarize yourself with the different words out there.

Sustainable, eco, ethical, compostable, biodegradable, so on and so forth. I would say, be careful of greenwashing. Because companies are getting wise to the fact that consumers want more eco-friendly products, not just the products, but they want the product to do as little damage or have as little a footprint as possible.

And there's two sides of that. Right? One is cutting consumption. The other side is making sure manufacturing is a nice closed loop system and everything works together. For anybody who's not familiar with greenwashing. The Ethical Consumer describes it as the practice of companies launching adverts, campaigns, products, or whatever else they're selling under the pretense of being beneficial to the environment but that often contradicts their practices. To give that some context. You're familiar with H&M right, the clothing brand?

**Sarah Ferris:** Yes. Yeah.

**Cait Bagby:** So H&M was at one point one of the largest fast fashion retailers, I think now they've been overtaken by Shein, I think.

**Sarah Ferris:** Yeah. That would be right.

**Cait Bagby:** If you go to H&M's website, there are sustainability pledges up and down. How they use organic cotton and these recycled materials and it sounds really, really good. But if you look at their business model, it is built on pushing massive volume at lower cost. So if you're always pushing out a lot of volume, it doesn't matter what textiles you're actually using. Your business model is built on excess.

**Sarah Ferris:** That makes sense.

**Cait Bagby:** A couple of years ago, as part of their, I'm just going to call a greenwashing campaign, and I don't know if this is still going on or they're still doing it. Once or a few times a year you could bring in your old clothing that you wanted to recycle and they would give you a coupon to then spend in their stores. So instead of just recycling, you were encouraged to buy more.

That's greenwashing in a nutshell. They are a prime example of it. So be a little cautious of that. There is an app called Good On You. It's a website and it's an app. And specifically when it comes to clothing, you can get their sustainability rankings. So how do they fare in human rights? How do they fair in environmental? uh, Water preservation, things like.

**Sarah Ferris:** That is such a great tip because that was my next kind of comment is it's very difficult as a person, time is precious and when I'm going in to buy something, I don't have the time necessarily to know. So to be able to have a resource to go to that'll be a game changer for me because I am the perfect person to be greenwashed.

**Cait Bagby:** That's what these companies are banking on. They're banking on the fact people are time poor and financially stressed, who has the time to sit there and say, okay, I need to buy a new couch. Let me spend the next 50 hours going down a rabbit hole.

**Sarah Ferris:** Exactly.

**Cait Bagby:** you know, of a couch. There are good resources out there. Good On You is a good one. Ethical Consumer is another one. They'll help start to point you in the right direction. Companies bank on the fact that you don't have time to do everything,

**Sarah Ferris:** yeah, I think we should put those resources up on the Instagram, at Guilty Greenie because they are really helpful. And if I forget, then I'll know where to look for them.

**Cait Bagby:** Yes. What was the next swap that you found really helpful?

**Sarah Ferris:** My next swap that I will carry on and was like a light bulb moment for me during this series was my online carbon footprint. I was completely unaware that there were servers that were sucking up electricity and the rest of it, and storing my emails that I hadn't cleared out for 20 odd years.

That was a massive wake up moment for me and I'm still going through the process of wiping it, deleting and unsubscribing. I'm making sure now as well that I'm not signing up to things that I then need to unsubscribe to.

**Cait Bagby:** Data centers create about 2% of the world's greenhouse gases through energy usage. That's about the same as the airline industry. Now, that's not to say your email is creating 2% of the global greenhouse gases. That's talking about data centers on a whole, and to your point, it's where your emails are stored or things like your Google drive or whatever you use for storage of online data. Every little bit helps.

**Sarah Ferris:** The thing that I find really hard about that challenge is you said to me that you only have around 32 emails in your inbox at once. I find it really difficult to delete things because I can just go back through my email and find that I might need that one day. Do you then save it onto your computer or how do you... Push that delete confidently?

**Cait Bagby:** So I try to keep my inbox no more than 30 emails, because gets cluttered to me. That being said, though, I have different folders within my email, such as receipts. A lot of times the receipts I will screenshot and put them in a folder on my computer. But important messages that go back and forth for instance, Guilty Greenie has its own folder so any documentation I need to keep a hold of or ongoing conversations, it gets parked there. I'm not saying I only have 30 emails total.

**Sarah Ferris:** Well, I feel like you've misrepresented that challenge to me. Cait.

**Cait Bagby:** Hey, you take it how ever you want and if you can take it further than me, you have become the Jedi master.

**Sarah Ferris:** It's never going to happen. I'm already about a hundred thousand emails to go before I get clear. So you're on a better footing than me. Should we move on to number four?

**Cait Bagby:** Our favorite.

**Sarah Ferris:** I can't do a list of swaps that have become permanent without saying this one and I'm only going to brush over it quickly, but bingo: laundry strips. My favorite thing that I've ever swapped out.

**Cait Bagby:** Which brand did you land on?

**Sarah Ferris:** Oh, do you know what? I can't remember the name of it, but it's from my local refill larder and its smell is delicious and it's actually got a different texture to some of the other ones that I've used. It's a little bit more fleecy like fluffy when you put it in and it dissolves really well. If you get nothing else out of the Guilty Greenie, get a laundry strip.

**Cait Bagby:** Get a laundry strip and a dryer ball and you're good to go.

**Sarah Ferris:** I pulled my dryer ball out of retirement. He's in there doing his job. The kids are like, what is that? And every now and then they keep taking it out, then one of the animals, the dog will look at it, the cat will take it and they all go, oh, that's the cat toy and I'll find it in the most random places around the house because they've picked it up and put it somewhere to play with an animal.

**Cait Bagby:** Probably with your other sneaker. Did you ever find that?

**Sarah Ferris:** I did find my other sneaker.

**Cait Bagby:** I don't know if that made the cut in the last episode when we were editing it, but if it didn't, this is how the whole searching out sustainable terms came up because you were saying a sneaker went missing and you were looking to buy new ones and put the word sustainable

**Sarah Ferris:** Yeah, I needed my footprint to be more or less carbon footprint, I guess you could say. And that's why I found the sneakers that I'm currently wearing. I don't know if I've been greenwashed on those or not yet. I might have to ask you about that afterwards.

**Cait Bagby:** Well, speaking of footwear, I think that brings us to your last kind of lesson and back to jandals, which is about packing while you're traveling.

**Sarah Ferris:** Nice segue. I was wondering how you were going to get from my sneakers to traveling. The jandal was the connector. You did force me to pick only five of my top swaps. A lot of other things have gone into it, but I would have to say, yeah, travel was one of the ones that I was most interested to explore with you because as we started that episode, I was feeling very guilty because it's something that I will probably never be able to give up. One because I live far away from my family and two, because I'm a selfish traveling cow. Um, but, your challenge that you gave me, which was a game changer and has stuck with me that I had to travel with carry on luggage only.

**Cait Bagby:** Right, because fuel is calculated on the weight of the plane and obviously the more fuel, the more expenditure, the higher the emissions for that plane so you should travel as light as possible.

**Sarah Ferris:** And the other thing that I picked up from that travel episode that has stuck with me is to do as few stops as you can, because the takeoff and landings are where a lot more carbon is expelled into the universe. So, I've recently booked a flight, a long haul flight to your neck of the woods, America.

**Cait Bagby:** I thought you were going to break out into a musical for a second.

**Sarah Ferris:** I was, I was going to do the... america.

**Cait Bagby:** No, sing a little bit more for me.



**Sarah Ferris:** I can't cause it's a rude words. What's the show? It's like a comedy with puppets in.

**Cait Bagby:** Oh, are you thinking team America.

**Sarah Ferris:** Yeah. Team America, world police. How do we get onto that? Oh, because I said I was taking a trip to America and my takeaway from the thing was that I Googled the most sustainable routes and I booked a flight that had the least stops possible and I will be trying to travel as light as possible.

And the other knock-on effect I mentioned it on that episode, which was great was when I come back from a trip now I've got less washing.

**Cait Bagby:** yes,

**Sarah Ferris:** and I hate washing.

**Cait Bagby:** Especially the week I had you hang up your clothes to dry.

**Sarah Ferris:** Oh, Oh I didn't know if I hated the washing or you. One of the two?

**Cait Bagby:** I know which the one, the kids didn't like. Let's just say, I'm not sure I'll ever be welcomed in Sarah's home. They may be ready with pitchforks.

**Sarah Ferris:** well, So that's my top five.

**Cait Bagby:** What would you say was a swap that didn't stick with you?

**Sarah Ferris:** Probably the streaming,

**Cait Bagby:** Yeah.

**Sarah Ferris:** The streaming was a one hit wonder. Feel no guilt coming back to my old ways. It's probably a step too far for me right now. 10 years time, I might be taking up knitting and singing but I'm not there yet.

**Cait Bagby:** Aren't you working on your shroud?

**Sarah Ferris:** I am embroidering my mushroom shaped shroud.

**Cait Bagby:** I like how you say, maybe in 10 years. It's been almost 10 years for me and I'm still not, not streaming. So

**Sarah Ferris:** Um, you probably getting worse rather than better, I imagine.

**Cait Bagby:** Actually yes. That's a hundred percent true. I have gotten worse, but I'm going to blame that on technology and the fact that when you work from home, you don't really have much of an option.

**Sarah Ferris:** And also we've had COVID so we've all been locked in.

**Cait Bagby:** Yeah we've tiger king month, bridgerton month, squid game month.

**Sarah Ferris:** Squid game month. What a month that was.

**Cait Bagby:** I want to relive that month. We talked about this before the show, which was, we've gone from COVID TV month to now COVID game month so now we've like Wordle there we've evolved. We've gotten so tired of streaming collectively. We've said, give us an English lesson.

**Sarah Ferris:** It's a weird thing, Wordle as well, because it's a little bit like squid games, squid games,

**Cait Bagby:** Wordle. don't know what kind of a high stakes Wordle you're playing in your house, but in mine there's no fear of losing a life.

**Sarah Ferris:** It's very high state game. No, what I meant was when people started watching squid game and they would explain it to you and you hadn't watched it, you'd be like, I'm not invested. This sounds ridiculous. So when people have started posting on Facebook and Instagram or whatever they're doing, they're Wordle scores I was like, I don't even know what you're doing, but you're just putting up this weird colored block of cubes means nothing to me. Now. I'm loving it. We are going all over the shop today.

**Cait Bagby:** This is a good precursor, I think to a little bit of what season two is going to be more of because while facts and figures are important at the end of the day, as Sarah has demonstrated to us, you're not going to remember them. You're just going to remember the sentiment.

**Sarah Ferris:** That's right. Nobody remembers a number. I certainly don't or I remember things like something that's a comparable, like it's the equivalent of driving a car to Saturn. I remember that one.

**Cait Bagby:** That was from the streaming

**Sarah Ferris:** right? Exactly.

**Cait Bagby:** It was a Netflix study from 2019.

**Sarah Ferris:** That's gonna be your challenge going forward every time you want to give a figure, you have to given it's the equivalent of, and it has to be something super ridiculous and more ridiculous each time.

**Cait Bagby:** Yeah. Okay. I can try to work on that.

**Sarah Ferris:** We just turned into an English lesson as well. God, we need to just stop ourselves.

**Cait Bagby:** All right. Well, I like those swaps a lot. I think they were good. I think really showed the versatility of what is feasible and how easy it can be. And, it's interesting to see what stuck with you and what didn't.,

**Sarah Ferris:** Any surprised you that I stuck with?

**Cait Bagby:** The composting to be quite honest,

**Sarah Ferris:** Um, I was quite vocal about my refusal.

**Cait Bagby:** Yeah. And one of the episodes even said I had tried composting and then stopped doing it because I hated it. I'm glad it stuck.

Let's move on to our highs and lows of the week.

**Sarah Ferris:** Okay.

**Cait Bagby:** Give me your high and give me your low.

**Sarah Ferris:** My high point was we've been rejigging the house because we've had our eldest daughter move out and as part of that process, it was having a massive spring clean and moving items around and in the process, I found two items that I thought, right, what am I going to do with these? And I put them both on the street, WhatsApp and lo and behold bish, bosh, bash ding dong and they are gone.

So one of the items was a desk, which makes sense that that was recycled. But the one that I was most proud of getting rid of was ink cartridges. Specific to a model of a printer and I managed to find somebody on the street that had the same printer model. When you change printers, you're often left with them. What do you, what are you supposed to do with them? So I was really proud that somebody managed to come and sweep those up.

**Cait Bagby:** That's awesome. I like that. We have that in our town is all we have something called the reduce, reuse, recycle group, and it's a swap group. You can post anything you want on there. I think that's wonderful.

**Sarah Ferris:** It is. We didn't have it before cOVID and it has just been the best thing. We've recycled so much stuff. I think we're almost like a closed loop on the street. I'm not joking. No, I am joking we're way far from that.

**Cait Bagby:** So season two start a community garden.

**Sarah Ferris:** That did kind of happen though over locked down because we all had greenhouses and we would share the seedlings between everyone and then I would kill them.

**Cait Bagby:** It was closed loop for some of the neighbors.

**Sarah Ferris:** It was a death loop from mine.

**Cait Bagby:** Oh, I like that as a high though so then what was the low.

**Sarah Ferris:** The low this week, I think it was a consciousness that we changed the carpet in our house and I thought, have I really worn that to death

**Cait Bagby:** um,

**Sarah Ferris:** because that's going into landfill and then I remembered that we bought our house, I think 10 years ago and it needed to be changed 10 years ago. So I felt kind of okay that maybe we'd given it a good bish bosh bash. That was probably my low.

**Cait Bagby:** I know that you say it's a low, I get it and I think the reason you're saying it's a low is because you're starting to have these conversations with yourself and my guess is they're probably a little bit uncomfortable because you're not really sure which way to think about things and you kind of internalize that guilt.

**Sarah Ferris:** Yeah, I do. And I think it's a good thing, obviously, that I'm having those conversations with myself. But can't put the genie back in the bottle once you know?

**Cait Bagby:** It's good for that reason. It makes you start to question do you really need things? It makes you start to question the systems, how we consume things, and that's a brilliant thing. Where it can get dangerous is when you internalize that guilt and take it on as if you and you alone can solve all of these problems.

**Sarah Ferris:** Yeah. Oh, don't worry. I'm not delusional with it. Um, I realize if I'd made some clothing out a carpet, it wouldn't have solved the problem for the rest of the world, but.

**Cait Bagby:** It's a good, it's a good low, because it's a learning low.

**Sarah Ferris:** Oh, I like that. All right. Enough about me. Tell me about you, Cait. What's your high for the week.

**Cait Bagby:** Mine was around textiles, both my high and my lows, they tie in together.

**Sarah Ferris:** okay.

**Cait Bagby:** Anybody who knows me knows that I'm a bit of a clothes horse. I always have been from when I was really young. I had boxes of dress up clothes. They were all clothing that was handed down from like grandmothers or aunts or my mom. There was no going out

and buying things. It was here's a skirt I don't want anymore. Here's your dad's tie. And I loved it. As I got older, definitely developed a bit of a fast fashion shopping problem. This is probably 15 years ago and my wardrobe expanded as a result. Now I also really like to hang onto my clothes. I do not subscribe to trends. I'm someone that if I see something, I don't care if everybody else is not wearing it, I love it, so I keep things. If you have a bit of a fast fashion shopping problem, and you accumulate things, inevitably your closet gets really big.

**Sarah Ferris:** That's true.

**Cait Bagby:** So I had a clean out. It was overdue. Some of my clothing is 15 years old, if not older. I have, I still have stuff from when I was really young. That was handed down to me.

**Sarah Ferris:** That's a good sign

**Cait Bagby:** Well, it's good. But at a certain point you can't wear it all. Someone can get a use out of it.

**Sarah Ferris:** and you're tipping over to being a hoarder perhaps 15 years in just saying. Although I'm exactly the same. I've still got skirts in my wardrobe that I could pull out that I'd bought 20 years ago.

**Cait Bagby:** Yeah. I don't really buy clothing that much anymore. It's just something that shifted about eight years ago, seven years ago really shifted because I went into studying all about sustainable fashion, but my closet needed a clean out. So the high was, I was very proud of the fact that most of my clothing was incredibly old and I naturally adopted the practice of shopping my own closet. It felt very good to know that I wasn't bringing in more stuff. In fact, I was just wearing what I already had. Obviously the low of that a bit of it had to go and because I know the numbers on the thrift industry, textile recycling, and knowing that a lot of it gets shipped overseas and that what is actually sold in stores, I think it's only around 20% of clothing donated is sold in their retail space.

**Sarah Ferris:** Oh, I didn't know that.

**Cait Bagby:** Yeah. It's a sad state of affairs and actually thrift stores are receiving more clothes, more textiles than they can sell. It's a volume issue. And so of course what ends up happening either it's incinerated, it's shipped overseas for someone else to deal with, it's thrown in dumps, landfills, which, adds to the release of methane. Fashion is a massive problem. It was a learning low. I felt good knowing that I had really worn my closet over the last 15, 20 years but at the same time, it felt really sad knowing that a lot of this clothing wasn't going to...

**Sarah Ferris:** yeah.

**Cait Bagby:** Do good in the world beyond.

**Sarah Ferris:** Well, I'm glad that we're doing an episode in season two on fashion because I didn't know that. That just blows my mind that they get incinerated and this is why the Guilty

Greenie is so good because I'm thinking I'm doing the right thing by putting my clothes in a donation bag and then donating them and giving them a second life.

But it sounds like I'm just sending them off to the bonfire.

**Cait Bagby:** It's such an interesting topic. Right, season two. This is our last episode of season one. We'll be coming back with season two in a couple months, and we are taking off the safety bumpers, and we're going to dive into some controversial topics. Do you want to tell them what some of these topics are?

**Sarah Ferris:** Right, season two, we're looking at some kind of juicy topics, I guess. We're going to talk about sex, which I'm completely nervous about. I feel like there better not be a challenge for that one.

Um, and then we're talking about children and the impact of living with children and plastics and toys and yada yada.

**Cait Bagby:** That's been one of our most requested topics to discuss. There's two parts of it. One the conversation around either choosing to, or choosing not to have children when looking at climate change and kind of the societal and psychological pressures. But then the second part of that is when you do have children, the consumer waste. So as you had mentioned, all the toys and part of that is looking at personal consumption habits, but part of that is also looking at how to have the conversation with family and friends to make sure everybody's on the same page.

**Sarah Ferris:** Yeah. That's gonna be an interesting one and then we're looking also at alcohol, sustainable alcohol types,

**Cait Bagby:** that one's going to be a video on e.

**Sarah Ferris:** That's bound to go off the rails, that one then. And also I've always wanted to know a little bit about eating bugs, the protein.

**Cait Bagby:** Hmm.

**Sarah Ferris:** That's going to be interesting and of course we're both massive pet fans so we're going to be doing an episode on pets, but that's just the tip of the iceberg. Well the melting Arctic.

So that's season two, but obviously season two needs to happen if we can make sure that season one is shared and people that are interested in the topics so please do share because that helps with discovery. If you are enjoying the podcast, please share on Instagram or rate and review. That's my little plug.

**Cait Bagby:** Yeah. And we appreciate everybody who's tuned in for season one. We've appreciated all of the feedback, the topic ideas, the laughter with some of you in sharing your

own experiences, and we're looking forward to more of that in season two. Before we close out season one, we have two things and the, first is Sarah's last challenge of the season, which was to go around her house and to count how many things were plugged in, but not in constant use and to unplug those items, to see if there was a drop in energy usage and a increase in financial savings.

**Sarah Ferris:** Okay, well, I'm going to play you the audio and then we can discuss all points after.

**Cait Bagby:** Hm.

**Sarah Ferris:** (MUSIC)

Apparently if you leave something plugged into the wall, even if it's turned off and still plugged in, it sucks 10% of what's called Phantom electricity so our Guilty Greenie challenge to go around and count how many things are plugged in and then unplug everything that's not being used.

Ava, time to report back. How many items are plugged in?

**Sarah's Family:** 20

**Sarah Ferris:** of that 20 how many are plugged but that not being used?

**Sarah's Family:** Well, you know, six are being used so 14 aren't being used.

**Sarah Ferris:** Have you got in your mind who's the guiltiest in the house?

**Sarah's Family:** Well I think that dad is the guiltiest because you always have heaters on in your office and you always have your computer, plugged in. Is your monitor plugged in right now?

Yeah, exactly.

**Sarah Ferris:** And his exercise bike.

**Sarah's Family:** You have like loads of random chords always plugged in around your office.

Yeah, I have to work. I need to stay warm and I need to stay.

I'm just saying that you are the worst, in my opinion.

**Sarah Ferris:** The one thing that I did notice was from the weekend to today, one item had spiked the house.

**Sarah's Family:** Was it dad's bike.

**Sarah Ferris:** Nope.

**Sarah's Family:** I only use the heater,

**Sarah Ferris:** but those space heaters they're so inefficient.

**Sarah's Family:** I said that, I said that he was the most guilty because of his heaters. Don't put me in the back of the garden then let me in the house.

**Sarah Ferris:** You're not allowed in the house.

Does that give you a full kind of picture of how it went?

**Cait Bagby:** Aviana man, she was not happy

**Sarah Ferris:** I know I was just really pleased she didn't target me. Head down. Head down. I'd gone around and unplugged everything of mine first before I made her do that count to be fair.

**Cait Bagby:** That is cheating.

**Sarah Ferris:** That's self preservation. I think you'll find,

**Cait Bagby:** She was very determined.

**Sarah Ferris:** Yeah. Well, I mean the excitement to be able to place blame on someone was probably just too much for her.

**Cait Bagby:** Yeah. I suppose you don't generally get a free pass to place blame on your parents very often. Do you?

**Sarah Ferris:** Throw your dad under the bus or under the Exercycle.

**Cait Bagby:** And when Gareth said, let me in the house. Stop keeping me in the garden. I forgot that you have a shed.

**Sarah Ferris:** I've told you I've had a shed, but do I? I might not. I might just keep him in the back garden.

**Cait Bagby:** Do you just wheel them out for these challenges then lock back in?

Oh my gosh. So what was the energy spike though?



**Sarah Ferris:** The energy spike is in the office it's not on central heating. It's a separate building out the back and it's really uninsulated and it's not facing the sun. It's super cold, really damp. We really treat him like a king and he has to heat it with space heaters and I've said to him before I said, I think they are really inefficient, but it was the one thing that I could really notice. So over the weekend, I've got my little power meter and the spike in numbers was quite dramatic on Monday. I was like, what is going on there? He's in the office and those heaters are on and that's what it is. Cause then he turned it off at a certain time and it plummeted down again. So yeah, it was quite interesting.

**Cait Bagby:** Aside from the space heater, did you end up unplugging anything else and seeing if that made a difference at all?

**Sarah Ferris:** Yeah. I went round and I unplugged the kitchen. In the kitchen we've got four plugs and everything's got something in it. Smoothie maker, toaster, coffee, milk frother, the coffee machine, whatever and I went through and I unplugged those. And then I would come back after breakfast and every single one was plugged back in again. It was really hard to get.

**Cait Bagby:** An accurate reading?

**Sarah Ferris:** Exactly, I had plug fairies basically and every now and then I'd to hear a groan when someone went down to the kitchen. Particularly Josh as he'd go to put the smoothie maker on and curse me very loudly because it was unplugged again.

**Cait Bagby:** So I'm assuming not sticking with that one then.

**Sarah Ferris:** Definitely I will be more conscious of it and everybody's taken on board that they shouldn't leave their charges in. We all have charges that were in our room just constantly plugged in. That's a change. There's definitely takeaways from it, but it won't be something that's going to be like dramatic I don't think until we sort out Gareth's heating system in the back.

**Cait Bagby:** Well, now it is Sarah's turn to give me a challenge.

**Sarah Ferris:** This is sweet revenge. Dish best served cold. I thought about this long and hard and like you say, you're already starting 10 years ahead of me but the one thing that I want to know is what your carbon footprint is. Because one episode, the flight episode in fact, that a long haul flight was 11% of a Westerners annual footprint. As I screw up those numbers entirely.

**Cait Bagby:** That was spot on yeah, 11% or it's the equivalent of someone who lives in Ghana, their entire annual carbon footprint.

**Sarah Ferris:** Right. So what I want you to do, and this is your challenge is to work out your annual carbon footprint by extrapolating out a week.

**Cait Bagby:** Okay.

**Sarah Ferris:** And then once you've done that first week, I want you to then spend the next week halving it.

**Cait Bagby:** Oh!

**Sarah Ferris:** Well, it's just fine. If you carbon neutral. Half of Zero, zero.

**Cait Bagby:** I am not carbon neutral. Halving it? This is going to be,

**Sarah Ferris:** A challenge.

**Cait Bagby:** yeah, this is going to be an interesting challenge.

**Sarah Ferris:** What's going through your head at the moment.

**Cait Bagby:** So what's going through my head at the moment is I don't drive.

**Sarah Ferris:** I know.

**Cait Bagby:** I don't really go out. I'm like trying to figure out, but I think I know and I think it's going to bring up an interesting conversation because what I think most people would see or think about such as cutting down your driving or, food waste, things like that are going to be very different for me. And I think it's going to be more focused on energy usage.

**Sarah Ferris:** I think so too. And I think that was why I thought I'm going to make it hard because you need to stretch yourself as well, because you are already in a space that has made all of the changes that I've only just made so I thought how much harder can it be and it will be interesting to find out. Tell me, do you know how you're going to work out your carbon footprint for the week?

**Cait Bagby:** Yes. Well, because we know this is not a math show I won't be sitting here doing arithmetic. There are carbon footprint calculators online. The one I will probably use is nature.org.

**Sarah Ferris:** Um,

**Cait Bagby:** They have a carbon footprint calculator. Now, couple things on that. A carbon footprint calculator tends to be based off of three different types of inputs. One is consumption. That includes food, textiles, anything you're bringing into your home. The second is transportation and the third is energy usage.

Now every calculator is going to differ, but those are generally the three loose topics that they will drill down into. So for instance, nature.org, you can put in how many miles per gallon does your car get? Is it using gasoline or is it using diesel? How many miles or kilometers are you driving?

How many people live in your home? It asks you how much you spend on electricity every year. I do want to add this little history into it though. I am happy to calculate my carbon footprint, but I want to make sure people know the history of the carbon calculator.

**Sarah Ferris:** Tell me, what do I need to know? I don't know where you're going with this. It's all news to me.

**Cait Bagby:** You know how we talk about greenwashing? Right?

**Sarah Ferris:** Yeah.

**Cait Bagby:** The carbon footprint calculator was a marketing tool

**Sarah Ferris:** Oh, for fuck's sake. Are you joking?

**Cait Bagby:** No. It came out in 2004. It came from British petroleum, BP from a public relations company called Ogilvy and Mather. Now, the carbon calculator was based off of, I believe it was in the 1990s, there was a Canadian ecologist who came up with the ecological footprint. So your ecological footprint was essentially the environmental impact. How much land was used to, or require to sustain an activity. BP saw this and thought we don't want people looking at us as if we are the problem, we are going to put it out there so people can take responsibility for it. So BP in 2004, along with the Ogilvy and Mather, essentially put out one of the biggest examples of shifted responsibility.

**Sarah Ferris:** Oh, my God, I can't believe this. I don't know what to believe anymore.

**Cait Bagby:** Here's the thing I actually don't think there's anything inherently bad with calculating your carbon footprint, because you can see where you stand on average. We know that higher income families have a much higher carbon footprint than those with a lower income. And this came out from PBS that households who were making \$30,000 a year made up around 25, 26 percent of the population but we're responsible for just under 20% of the carbon footprint.

**Sarah Ferris:** Right.

**Cait Bagby:** that to households, which were bringing in a hundred thousand dollars, they accounted for 22% of the population, but we're responsible for nearly 33% of total carbon footprint. So the more income tends to be a higher carbon footprint. So I don't actually think it's a bad thing to see where you sit compared to other people and see where you can make adjustments in your own life so long as you go into understanding that this tool was literally created so that the BP but others could shift responsibility away from themselves and put it on the consumer. And we've seen a boom in this, right, where you'll have individuals fighting amongst each other. You'll have newspaper articles going.

Do you know how to lower your carbon footprint? How much are you responsible for? It's not putting the narrative in context and one of the really good examples I like to use to help

people understand the shifting of responsibility is the opioid crisis. Are you with the opioid crisis?

**Sarah Ferris:** Expand on it for me.

**Cait Bagby:** So the opioid crisis, individuals who became heavily addicted to prescription opioid medications, such as Oxycontin, or Percosets, things like that. It's very easy to look at the individual who became addicted and say, you should have known better, but this was prescribed medication.

Their doctor gave it to them. The pharmaceutical companies, specifically Purdue pharma, which is owned by the Sackler family knew, knew there were memorandums saying how dangerous, how addictive this substance could be yet still continued to push it in the mass. So yes, you can look at the individual, but at the end of the day, these companies like BP like Purdue pharma knew how dangerous their product was, but in order to avoid responsibility placed the blame on individuals through very clever marketing campaigns.

**Sarah Ferris:** Wow.

**Cait Bagby:** Something to keep in mind.

**Sarah Ferris:** The scales are dropping from my, eyes. That's incredible. As a tool,

**Cait Bagby:** Hm

**Sarah Ferris:** it's something that's born out of something not so good that we can hopefully use as

**Cait Bagby:** Like a yardstick.

**Sarah Ferris:** That's the word I was looking for a baseline to progress from.

**Cait Bagby:** Yeah. I, still stick to the fact that I think it's a really good way to see where you can focus your energy in terms of cutting down your own impact. It's not going to have the same impact as if BP took their own carbon calculator.

**Sarah Ferris:** Yeah.

**Cait Bagby:** actually I would love that. I would love if one of these companies said, you know what? We're going to try using our own tool for the company. They'd break it. They'd break the internet. It's a measuring stick to aid you in your start to see where you can improve. Just don't internalize it as if you, at the end of the day are responsible for a mess that 100 companies have created.

**Sarah Ferris:** Yeah, which we will be touching on hopefully in season two.

**Cait Bagby:** Yes. Well, on that happy note, where we blend personal challenges with corporate responsibility and hope for the future we do hope to see you at next season.

Thank you all so much for joining us for season one. It was truly our pleasure to have this conversation and inspire you to look at the world a little bit differently. Do join us next season to see if I accomplish my challenge, this is going to be a tricky one, I think, and for more the good, the bad and the laughable as we tackle our own sustainability journeys, exclusively on Fireside in the Climate Collab Auditorium.

Stay tuned for season two, but in the meantime, if you've enjoyed this podcast, please do share, rate, and or leave a five-star review on apple, Spotify, or whatever podcast platform you prefer. It helps others to find the podcast and gets the climate conversation flowing. Guilty Greenie is an independently made podcasts so if you'd like to support the show and continue the climate conversation, please Go to [buymeacoffee.com/guiltygreenie](https://buymeacoffee.com/guiltygreenie) the more support, the more content for your ears. Follow us on Instagram @guiltygreenie and on Facebook at Guilty Greenie and join us in tackling the Guilty Greenie challenges, which we will be continuing even in the off season. Make sure to share your experiences, the good, the bad and of course the laughable we'd love to hear from you and let us know what topics you want to know more about. Until then stay curiously green.

**Sarah Ferris:** Bye-bye.