

YOUR *Sustainable* WEDDING



A GUIDE TO PLANNING AN ECO-CONSCIOUS EVENT

WELCOME!

Thanks for downloading this guide!

More and more couples are thinking carefully about how they can make their wedding as eco-friendly as possible. By asking yourself *'How can this be more sustainable?'* in every stage of the planning, you can save yourself a lot of heart ache... as well as money.

As a wedding planner with 10+ years of experience, I've seen a lot of waste, but fortunately, there are so many opportunities for you to make a conscious decision to reduce your impact and still have the wedding of your dreams.

This guide will show you the principles you can follow to ensure you host the most eco-conscious wedding possible.

Ready?

Let's get started.

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Hi, I'm Lindsay!



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WEDDINGS DON'T HAVE TO BE

wasteful

The main principles I advise for hosting the most eco-conscious wedding possible, can be broken down into the categories below:

Choose your **SUPPLIERS** carefully:

LOCAL, SEASONAL, ORGANIC, ETHICAL, who
have a **SUSTAINABILITY POLICY**

Find ways to **SAVE ENERGY** and **REDUCE YOUR
CARBON FOOTPRINT**

Consider ways of **MINIMISING TRAVEL**

Look for ways to **REDUCE WASTE / RECYCLE**

Eliminate single-use **PLASTICS**



SUPPLIERS

SUSTAINABILITY POLICY

There is a handy supplier questionnaire included in the DIY WEDDING MASTERPLAN (Coming Soon!), but each time you approach a new supplier, ask them about their sustainability policy.

Some key questions include:

- ☐ Do they use single-use plastics?
- ☐ Do they off-set their carbon footprint?
- ☐ Where and how do they source their materials?
- ☐ How do they dispose of their waste; do they recycle...?

There are quite literally millions of suppliers in the UK alone, in this £10 billion pound industry, so it's not unreasonable to ask your vendors to be responsible about their impact on the environment

LOCAL & SEASONAL

One of the best ways to reduce your carbon footprint is to look at the suppliers who not only live and work locally, but also use local, seasonal and organic products; especially the food and drinks you serve to the flowers you use for styling and bouquets. (Tip; I love champagne, it's my favourite drink and I am a teeny bit of a champagne snob, but UK wine producers Nyetimber have a British Classic Cuvee Vintage which is spectacular and I would choose over almost all champagnes).

SUPPLIERS

ETHICAL & VINTAGE

From dresses to rings, there are many ways to source ethically :

- ☐ Choose fair trade, ethically-sourced diamonds, gemstones and metals
- ☐ Choose a vintage ring or re-fashion an existing stone into a new ring
- ☐ Consider a vintage or recycled wedding dress or suit
- ☐ Recycle and customize a dress or suit from a family member
- ☐ Look for designers who use organic, natural and ethically-sourced fabrics



SAVE ENERGY & OFFSET YOUR CARBON FOOTPRINT

AIR CONDITIONING / HEATING

By avoiding the height of summer or the depths of winter, you can automatically reduce the need for excessive air con or heating.

ACCOMMODATION

Choose a venue and accommodation (including a list for your guests) that is eco-conscious; from using renewable energy sources to motion-sensor lighting and towel-recycling, refillable smellies etc.

LIGHTING

Lighting is so important to set the tone for your wedding, but look for fairy lights etc that don't rely on single-use batteries but instead use solar power or can be charged using a USB. Ensure excess lights are switched off when not in use at your venue.

MEAT CONSUMPTION

Reducing the amount of meat served at your wedding can also drastically reduce your environmental impact – if your main course is meat-heavy, why not serve vegetarian or vegan canapes and a dairy-free dessert?



TRAVEL

STAY LOCAL

By choosing a local venue, you reduce the volume of travel going backwards and forwards for multiple viewings as well as over the wedding weekend. If your venue is further away, ask for some of your planning meetings to be over Zoom or Facetime.

PUBLIC TRANSPORT & SHUTTLE COACH

Encourage your guests to use public transport to your wedding, car share or provide a shuttle but to cut down on so many car journeys.

OFFSET HONEYMOON FLIGHTS

Your honeymoon should be the holiday of your dreams, whatever that looks like to you, but if you are jetting off into the sunset, consider offsetting the carbon footprint of your flights. While this is not the perfect solution, there are some fantastic companies that focus on tangible projects like reforestation

PACK LIGHT

This is one most people forget; the amount of luggage carried on a flight, directly affects the amount of fuel it uses – pack light; it's your honeymoon – swimwear, lingerie and a knock-out little dress should be all you need, right?!

TRAVEL

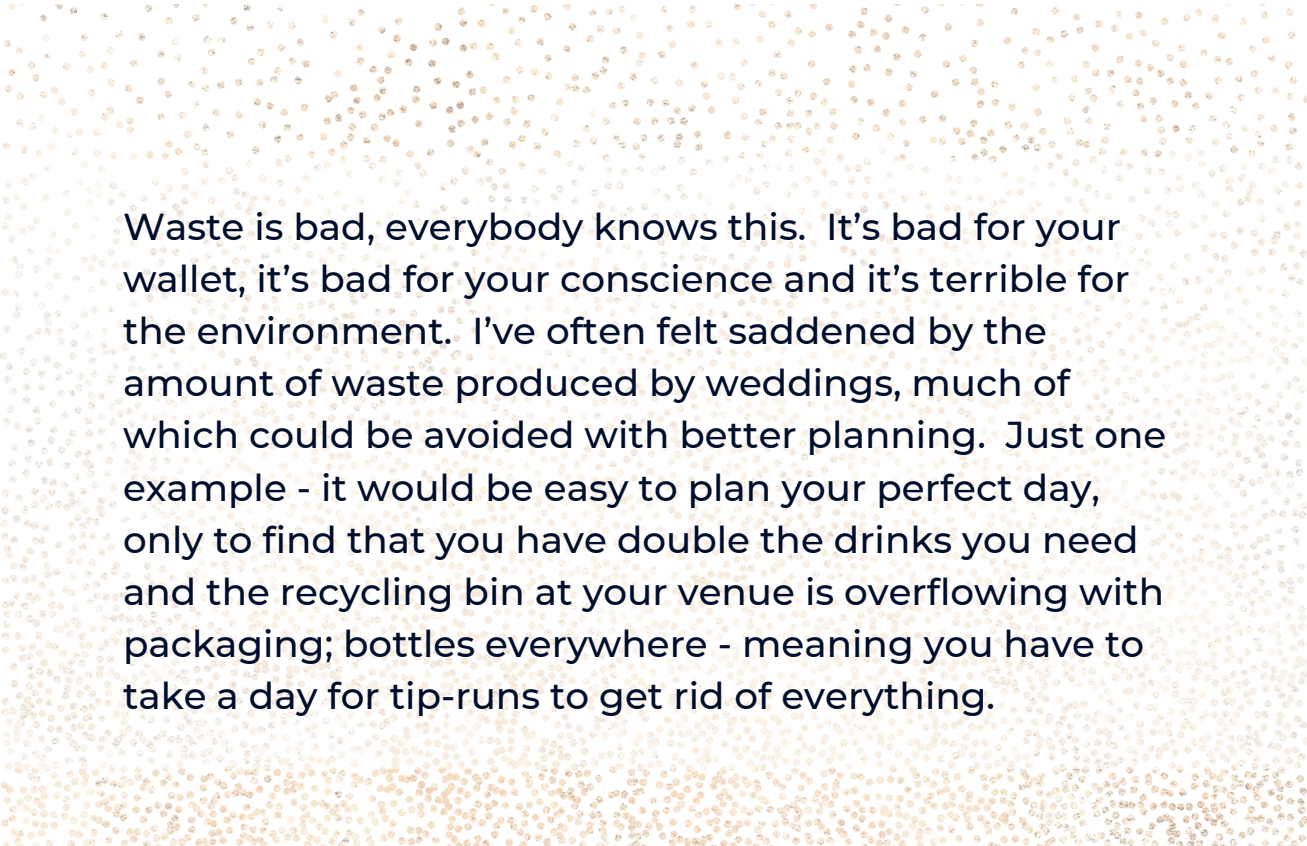
ONLINE SUPPLIES

Be conscious of how many things you order online – it is easy to keep adding things to that shopping cart and having them magically appear the next day, but we often lose sight of the environmental impact of our purchases; from the amount of packaging to the transport needed to get them to you. Try and buy as many things as possible in a single-purchase to avoid multiple trips and wherever possible buy independent and local





REDUCE WASTE / RECYCLE



Waste is bad, everybody knows this. It's bad for your wallet, it's bad for your conscience and it's terrible for the environment. I've often felt saddened by the amount of waste produced by weddings, much of which could be avoided with better planning. Just one example - it would be easy to plan your perfect day, only to find that you have double the drinks you need and the recycling bin at your venue is overflowing with packaging; bottles everywhere - meaning you have to take a day for tip-runs to get rid of everything.

PLAN FOR WASTE AND RECYCLING

Have a plan for what you are going to do with not only with the waste you produce, but the items you have bought for styling and produce you haven't eaten and drunk. Where is your closest recycling drop-off? Are they open on Sundays? How will you get the bottles there? Is someone you know getting married after you that could make use of your spare candles? Will your cheese freeze? (Tip; it usually will if it has remained chilled and not brought to room-temperature).

REDUCE WASTE / RECYCLE

FOOD & BEVERAGES

It's estimated that around £500 worth of food is wasted at an average 80 guest wedding in the UK, which is staggering. When you're selecting your caterer, talk to them about how they minimise waste, from feeding their team and other wedding suppliers, to not

serving all the food at once (for sharing platters and buffets) so you can take leftovers home. Think about serving your wedding cake in lieu of dessert or saving some or all of your cake to have with your guests the day after your wedding – it's very unlikely that you will eat the whole thing on the day, and a lovely way of extending the celebrations.



DISPOSABLES & CONTAINERS

- ☐ Place recycling vessels around the venue for guests to put cans & bottles in
- ☐ If you're using disposable cutlery and serving dishes make sure they are biodegradable
- ☐ Avoid disposable cups and glasses, most supermarkets will hire glassware on a deposit-only basis
- ☐ Use re-fillable water bottles or carafes instead of single-use mineral water
- ☐ Ask your coordinator to collect any stationary or paper for recycling

REDUCE WASTE / RECYCLE

FLOWERS

Flowers are an integral part of most weddings; they are one of the best and most beautiful ways to express your individual style, but they can also be one of the greatest sources of waste.

- ☐ Ask your florist to produce your installations & arrangements without using florists foam (oasis) as it will stay on the planet for eons
- ☐ Check where your flowers are coming from & ask your florist to use local blooms where possible and to keep imported blossoms to a minimum
- ☐ Think about using living plants instead of cut flowers
- ☐ Gift your arrangements to guests or a local hospital or nursing home after your wedding
- ☐ Move your installations throughout the venue so you're not doubling up on the amount of flowers you're using – for example, can your pew end arrangements be moved to your cake table in front of your top table?



REDUCE WASTE / RECYCLE

FLOWERS

Natural petal confetti only – why not dry your own petals; small batches on a basket or baking tray left for a few days in a warm, dry room- it will make your home smell lush as well!





REDUCE WASTE / RECYCLE

GIFTS

Having a gift list is still a great way of asking for useful items to start your new lives together, but as increasingly more couples have already set up their homes it can be tempting to ask for surplus 'stuff'. If asking for cash makes you feel uncomfortable, you can ask for guests to contribute to your honeymoon fund or even better, there are some awesome alternative gift lists online – my favourite is the Zank You Honeymoon Wedding List – where guests can buy experiences of your choice for your honeymoon destination; heading to Bali? They can gift you a diving trip or a meal at a beautiful restaurant and an array of other things in between.

TABLE FAVOURS

One of the most traditional elements of a wedding can also cause the most waste. If you are debating what 'table favours' to have and struggling to find something that has meaning to you, do away with them or make a donation to a charity that means something to you as a couple. If you think your family will be seriously offended at the lack of sugared almonds / jar of homemade jam / packet of wild flower seeds; think about living plants that work with your style or put a small display at the entrance of the venue for the third of the guests that really want a memento of the day, to take when they leave.

SINGLE-USE PLASTICS

It goes without saying, but please, please consider the items you purchase for your wedding, especially the finishing touches.

If you desperately want plastic-based table adornments or balloons, please make sure you have a plan for cleaning them up afterwards – they really do go everywhere – same for confetti cannons; for 4 cannons you're going to need a good hour of sweeping with a sturdy brush (times that by, oh days and days if you're on a lawn - trust me on this one!!).

Staying hydrated on your wedding day (as well as the days around it) is essential, but invest in a decent-sized refillable bottle and task one of your bridesmaids with keeping it topped up.

A 'hydration station' can be a great addition to any wedding day; ditch individual water bottles and opt for large jugs of water infused with berries, cucumber and herbs to keep things more interesting.

THE PLANET

Thanks you



HEY, SOON-TO-BE NEWLYWEDS!

Thank you so much for downloading this guide.

I hope it helps you plan your gorgeous day in an eco-conscious way... You and I care passionately about protecting our planet, so please pass it along to any friends who might find it useful as well – sharing is caring. If you would like more tips, advice and ideas to help you along with your Wedding planning, then watch out for further guides coming soon, and in the meantime give me a follow me on Pinterest, Facebook or Instagram.

Take good care and happy planning!

With love, LW xo



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