

# Sustainability Newsletter

November | Issue 13

**Welcome to the thirteenth edition of the Rainbow Restoration Sustainability Newsletter. This month, we're highlighting our old brand disposal process and our sustainability hub.**

## Lets Talk About Brews!

At Rainbow Restoration, cups of tea have become an opportunity to support our environmental commitments. Our journey toward more sustainable brews began in early 2024, when the Central Office team realised just how many teabags we were getting through, around 990 teabags every month. 11,880 a year equating to over 50 kg of waste if these were sent to landfill.

## Where It All Began

While reviewing office waste, the team uncovered something surprising. Many traditional teabags contain up to 25% plastic fibres, preventing them from fully breaking down and contributing to long-term environmental waste. To address this Rainbow Restoration launched the tea composting programme at the start of 2024.

Members of Central Office helped to introduce the ban towards plastic-containing teabags and located dedicated tea composting bins next to the drinks station. The compost was then collected by members of staff to help with their personal compost.



With new additions to the team across Rainbow Restoration, it is the perfect time to take a moment to reflect on how we have previously contributed towards improving our environmental impact and how keeping these small daily habits ongoing, this can make a bigger difference overall.

## Which Teabags Do We Recommend To Use?

To keep our compost healthy and effective, it's essential that we use biodegradable, plastic-free teabags. The following brands are all confirmed as compostable and suitable for our bins:

**PG Tips, Yorkshire Tea, Aldi (own brand), Asda (own brand), Co-op (own brand), Waitrose (own brand), Twining's, Tetley, Tesco (own brand), Morrisons (own brand), Marks & Spencer (own brand), Lidl (own brand).**

## How You Can Help

Each time you make a brew:

- Choose a compostable, plastic-free teabag from the approved list.
- Allow it to cool after use.
- Place it in the dedicated teabag compost bin, not the general waste.
- Look out for our labelled teabag boxes to help guide you.

## Why Composting Teabags Matters

Composting your teabags helps us:

- Reduce methane emissions from landfill
- Add nutrient-rich materials (nitrogen, phosphorus, potassium) to compost
- Maintain moisture levels and speed up natural decomposition
- Support oxygen flow great for worms and beneficial microbes
- Encourage biodiversity
- Strengthen the circular economy by reusing resources
- Minimise waste within our community
- Helps towards sustainability

**If you haven't already made the change, now is your chance.**

