



Ours to Protect on Sunshine 106.8 – February 12th 2024

Love is in the air and this week ahead of Valentine's Day we're joined by award-winning wedding expert Sarah Kennedy from Irishweddingblog.ie to advise on how to make the happiest day of your life a more sustainable one.

1. We know that diamond mining has been causing irreversible damage to the earth. So when it comes to choosing an engagement ring consider the more ethical lab-grown diamond or opt for a vintage ring instead.
2. Consider your wedding location - think about how you and your guests will get there. A destination venue will likely mean air travel and a remote venue car travel - both of which impact negatively on the planet.
3. Research potential venues and their commitment to sustainability. Ask about where their food is sourced, how they manage food waste, their plastic policy, what kind of cleaning products are used etc
4. Commit to making the wedding day menu more eco-friendly. Consider food that's at least 50% vegetarian. Source wines and alcohol etc from local vineyards, breweries and distilleries to help reduce the carbon footprint
5. For the wedding cake ask your baker if they can source organic, local ingredients and if they can incorporate seasonal fruits into the recipe
6. Consider sending digital invites to reduce paper usage or opt for recycled paper if and where necessary
7. For the wedding dress consider vintage or second-hand. Barnardos Bridal Rooms stock brand new gowns (that would have otherwise ended up in landfill) at a fraction of the price and your purchase helps support the charity too. If having a custom dress made ask the designer if it's possible to use locally sourced fabrics.
8. Rewear, donate, resell, swap or recycle your dress after the big day.
9. For flowers, ask your florist to shop locally and seasonally or consider potted herbs or greenery instead of traditional flowers. Dress your ceremony and reception area with reusable and recyclable decor
10. Plan an ethical honeymoon. Consider a travel agent that specialises in responsible holidays and try to support locally owned hotels, shops and attractions when you get there

Remember, **Ours to Protect** is broadcast every Monday evening at 7pm on **Sunshine 106.8**.

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