18th February 2014
News Release

ARE YOU A WASTE FREE PARENT?

Modern cloth nappies are really taking off, and Kate Meads, the Nappy Lady, is taking her knowledge about cloth nappies and sustainable living to parents in Southland and the surrounding area next week (24th February – 1st March)

"Teaching parents about their options for minimising their impact on the environment is my passion, and councils and other organisations are really getting on board to support waste-free parenting as viable and achievable," Kate explains.

In conjunction with various councils and with the support of many local cloth nappy companies, Kate is running informative workshops on waste-free parenting and modern cloth nappies in Central Otago, Queenstown, Wanaka, Invercargill, Winton, Gore, Lawerence and Dunedin.

"More and more councils around NZ are starting to look seriously at minimising the amount of waste they are accepting into their landfills," Kate says. "Waste-free parenting is about not only minimising your family's eco footprint, it's also about teaching parents about sustainable and environmentally conscious options. Cloth nappies are one important component of this, but I also help parents to integrate other waste-minimising activities into their home life, such as composting and recycling."

At The Nappy Lady workshops, parents and parents-to-be not only learn about the different styles of cloth nappies, they'll also receive tips and information on what they can do at home to reduce their waste output. What's more, attendees of the workshops receive a free cloth nappy trial pack to take home, giving them an opportunity to put into action the information they learn.

"There is massive interest in the workshops, and many are sold out weeks in advance," Kate says. "Parents are hungry for this information and we're adding more and more workshops to keep up with the demand. It's great to see the initiative spreading nationwide, and the positive impact waste-free parenting and cloth nappies are having on Kiwi parents."

Kate's personal goal is to get every family in NZ with children in nappies to use just 1 cloth nappy per day which would prevent 1 million nappies from going into our local landfills every week.

All of the upcoming workshops are listed on The Nappy Lady's website http://www.thenappylady.co.nz/workshops.html - Bookings are essential!

-ends-

For interviews, comments or more information, please contact, Kate Meads, The Nappy Lady on (07) 549 2955 or 027 22 11 242 or via email thenappylady@me.com

A full list of workshop dates are included on the following page

NAPPY WORKSHOPS

CENTRAL OTAGO

Mon 24th Feb Alexandra 10:00am

Mon 24th Feb Cromwell 7:00pm

QUEENSTOWN LAKES DISTRICT

Tues 25th Feb: Wanaka 10:00am

Tues 25th Feb: Queenstown 6:30pm

SOUTHLAND

Wed 26th Feb: Winton 10:00am

Wed 26th Feb: Invercargill 7:00pm

Thurs 27th Feb: Gore 10:00am

CLUTHA DISTRICT

Thurs 27th Feb: Lawrence 7:00pm

DUNEDIN

Sat 1st March: Dunedin 11:30am

There are also other nappy schemes that are in other areas that do not run a workshop.

Check the website http://www.thenappylady.co.nz/workshops.html for more information and to book into any of the upcoming workshops.