

# BRITA® Better Living

## Turn over a new leaf

The blight of disposable plastics bottles going to landfill and impacting our environment has been making powerful headlines in recent weeks. It only takes a small change and each one of us can make a difference. BRITA invites you to join us and fellow Australians in our mission to reduce waste by making the switch from disposable bottles to a refillable, durable bottle. Introducing mygreenbottle .....



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## Greening Australia

Passionate about protecting and restoring our natural environments.....

[Read More >](#)



## It all starts with an egg

Eggs have typically been a part of our lives since we were toddlers - whether mum tempted us to eat soft-boiled googy eggs with "soldiers", we painted the shells at kindy, or balanced them on a spoon in races .....



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## April 2008

"Better Living" is committed to bringing you news, views and ideas that are relevant to your active, health-conscious lifestyle. We hope you enjoy the articles this month !

### • BRITA Competition:

# WIN

Win one of 30 of the stylish new mygreenbottle. Last month's winners announced.

### • Health and Wellbeing News

It all starts with an egg

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### • Health Update: What's on in April

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### • Recipe of the month

Breakfast Burrito

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### • Ask Catherine - You can email Catherine Saxelby with any questions or problems you have with food, diets or nutrition!

[Read More >](#)

### • Your Say

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### • Time for a change?

What you need to know about changing your filter

[Read More >](#)



## Turn over a new leaf

Refill at home for great tasting water on the go and you can prevent bottles going to landfill.

We invite you to join us and fellow Australians in our mission to reduce waste by making the switch to a refillable, durable bottle, wherever possible. Simply fill it from your BRITA filter system.

Turn over a new leaf.



It's easy to make a difference - just pledge to turn over a new leaf and use mygreenbottle.



By acquiring your very own refillable, durable mygreenbottle or Fill & Go filter sports bottle and then taking the pledge to change your water drinking habits, you will be making a difference. You will save money & the environment.



We now invite you to join Australians across the country to pledge to help reduce the impact of disposable bottles on waste going to landfill. It's a simple commitment to reduce your personal waste wherever possible.

We have two convenient, cost effective alternatives for you:

\* Using a BRITA filter at home and a refillable, durable mygreenbottle when you are out and about. It's the ideal solution for going green at home and on the go.

\* Or use the Fill & Go sports bottle - with the filter inside - to simply refill at any tap, wherever you may be. It's an easy change that can make a big difference.



As an extra gift to the planet, BRITA has partnered with Greening Australia to plant up to 30,000 native trees in recognition of your pledge to switch and to make a difference.

For further information about mygreenbottle, how to pledge and how to get yours - go to [www.mygreenbottle.com.au](http://www.mygreenbottle.com.au)

This month we are giving 30 readers the chance to win a mygreenbottle - see our **WIN** section for details of how to win.

## Greening Australia

Greening Australia is passionate about protecting and restoring the health, diversity and productivity of our unique natural environments.

With specialist skills in the protection and restoration of vegetation management, Greening Australia is unique in its ability to work across all of Australia's many landscapes and key ecosystems.



BRITA has an established association with Greening Australia and has already planted over 12,000 trees in the River Regeneration Projects under the Give a BRITA program.

Your pledges under the mygreenbottle program will result in a further 30,000 trees being planted.

<http://www.greeningaustralia.org.au/>

## WIN WIN WIN

We are giving you the opportunity to WIN 1 of 30 of the stylish new **mygreenbottle**. To enter, simply complete the [entry form](#). In 100 words or less, tell us "why you are concerned for our planet and that you have visited [mygreenbottle.com.au](http://mygreenbottle.com.au) and made your pledge to make a difference."



***Here are the winners of last months contest*** "what do you love about gardening." Winners received a subscription to "Better Homes & Gardens".

*"I love my garden. It has provided me with so many hours of 'switch off' time. It is so good for the mind as, even if it is physical, at the same time it is relaxing and so satisfying. I love that I can make beautiful pictures with plants and I love being able to eat some of the results. It has to be one of the most rewarding activities there is."*

**LS Vic**

*"The gardening we do at home allows us to fill the house with fresh flowers constantly. It is also wonderful to look out of the window and see greenery and colour everywhere and the gardening we do in our vegetable patch allows us to eat out own fresh produce."*

**EF Vic**

*Being out in the sunshine and getting wonderful produce from it. Knowing what you are eating and that there are no chemicals. Enjoying the time with my mother when I am at her place, gardening is a great time to talk about life!!*

**NB Vic**

"Gardening gets me out into the fresh air. It is very therapeutical and great physical exercise. It also leaves me feeling satisfied as I look at my beautiful tidy garden."

SM Vic

"Growing my own vegetables. Watching my children who 'don't like veggies' eat a heap of snow peas, tomatoes or beans straight from the plant gives me great satisfaction."

CH NSW

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## It all starts with an egg

Eggs have typically been a part of our lives since we were toddlers - whether mum tempted us to eat soft-boiled googy eggs with "soldiers", we painted the shells at kindy, or balanced them on a spoon in races.

The fact is eggs do play an important role in meeting nutritional requirements during childhood. They are a convenient and nutritious food:

- Protein: building and development of body enzymes, tissues and muscles. Formation of antibodies and strong immune system
- Vitamin A: Growth, healthy skin and eyes, strong immune system
- Folate: Growth and maintenance of healthy cells
- Iron: Healthy red blood cells and immune function



See our recipe this month for Breakfast Burrito – a winner at all ages!

Visit [www.eggs.org.au](http://www.eggs.org.au)

## Health Update: What's on in April

### Daylight saving



ends on Sunday 6th April at 3.00 am

So, turn your clock back one hour before you go to bed on Saturday night. It is also a good time to change the battery in your smoke alarm.

Ref: <http://www.vic.gov.au/VictoriaOnline?action=content&id=4388&>

image\_id=371&pageTitle=Daylight+Saving+Dates

### Walk Against Want



April 2008

Join hundreds of others at the Walk against Want this year to raise funds for Oxfam Australia's work against poverty and injustice.

For more information on dates in April and locations, go to: <http://www.oxfam.org.au/events/>

**Anzac Day****ANZAC  
DAY**

25th April 2008

The day Australians remember the original landing on Gallipoli in 1915. For more information about this date visit

<http://www.awm.gov.au/dawn/> Check your local town for dawnservices ref: <http://www.ourbrisbane.com/whatson/anzacday/>[Top ▲](#)

## Recipe of the month

### Breakfast Burrito

*Serves 4***Ingredients**

4 flour tortillas  
1 tsp butter or margarine  
6 eggs, lightly beaten  
1 tbs chopped chives  
½ cup reduced fat grated cheese  
1 large tomato chopped  
30 gm snow pea sprouts, trimmed

**Method**

Warm the tortillas according to packet directions. Melt the margarine in a non-stick saucepan. Pour in the eggs and chives, and cook over medium heat for 2 minutes, stirring as the egg starts to set on the bottom.

Lay out the warm tortillas. Fill with the scrambled egg, cheese, tomato and snow pea sprouts, dividing evenly down the centre of each tortilla. Fold the bottom of the tortilla up over the filling, then fold the sides over to enclose. Serve straight away.

Hint: try different fillings with the scrambled eggs, such as cooked bacon, spicy salsa, corn kernels or chopped red capsicum.

## Ask Catherine

**Do you have a question for Catherine?** [Simply click here to email Catherine.](#)

**Puffed Rice**

**Q:** [When whole grain rice is processed into a puffed rice breakfast cereal are the vitamins lost?](#)

**A:** Processing any whole grain with milling and high temperature steaming, or toasting into breakfast cereal, results in losses of both vitamins and minerals. Our

food industry is allowed to "add back" nutrients so the end product continues to have some nutrition.

### **Milk Solids**

*Q: What does the term "milk solids" mean as an ingredient on a food label?*

A: Milk solids refers to the dried powder left after all the water is dried off from liquid milk. It is similar to dried milk powder and can be full-fat or non-fat. Non-fat milk solids are often used to give a richer mouthfeel to low-fat yoghurts and ice creams.

\* Visit Catherine's website at <http://www.foodwatch.com.au/about.html>

## **Your say**

Each month we reproduce in this newsletter a few of the wonderful comments we receive from the ever expanding family of BRITA users. Please write in and share your good experiences, ideas, recipes or suggestions.

"Why our family have never used this product before, I just don't know. It's the best in this modern era. You cannot fault it!"

**S. Green, WA**

"We buy packets of 3 Fill & Go bottles as they make a great gift! We keep them in the cupboard as a spare gift and the friends we have given them to have loved them. They are perfect because no matter who is having a birthday or other special occasion, they are a great and useful gift."

**Emily**

"Your honesty impresses me in an age of pushiness - all your claims about the jug are true. The water is a delight also phone contact service a great help."

**R. Laity, Vic**

"We are yachting folks and typical yacht water tastes crook. Our Brita has completely removed taste and makes a drink beaut."

**G. Smith, Qld**

"It's the most convenient, good value way of benefiting your mind and body with great tasting, pure water."

**C. Cain, NZ**



Questions, comments, feedback and ideas? E-mail us:  
[solutions@brita.com.au](mailto:solutions@brita.com.au) Phone: 1300 557762

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