

SUCCESS+

# SUSTAINABLE HOLIDAY GUIDE

*May All Your Days Be Merry and Green*



# Sustainability Explained

A wide range of actions aimed at minimizing environmental impact and promoting social and economic well-being for generations to come



**Environmental sustainability** focuses on practices that minimize harm to the environment and preserve resources for future generations.

Environmental sustainability practices include:  
Resource conservation, renewable energy, waste reduction and recycling, sustainable agriculture, eco-friendly materials, pollution prevention

**Social and economic sustainability** aims to create systems that meet present needs without compromising future generations' ability to meet their own.

Social sustainability initiatives include:  
Fair labor practices, community development, cultural preservation, social equity

Economic sustainability systems include:  
Sustainable business practices, green jobs, ethical consumption

# Eco-Gifting

- **Ethically sourced materials:** Prioritize sustainable resources like bamboo, organic cotton, recycled materials, and fair-trade products.
  - \* *Fair-trade practices guarantee fair prices, safe working conditions, and sustainable production methods for producers in developing countries.*
- **Experiences:** Consider gifting something intangible rather than physical, such as concert tickets, cooking classes, memberships to local attractions, or a gift certificate for a massage or reiki session.
- **Handmade and local:** Support local artisans and makers by purchasing from local businesses, or consider sourcing sustainable materials and creating something handmade all on your own.
- **Secondhand and vintage:** Give new life to old items by shopping at thrift stores, consignment shops, and online marketplaces.
- **Eco-loving subscriptions:** Streamline others' green living with compost subscriptions and local co-op memberships.
- **Charitable donations:** Give the gift that keeps giving by donating to an important cause in their name. Whether it's social justice, animal welfare, education, or another meaningful initiative, your contribution can make a lasting impact.
- **Planet-positive gift wrap:** Opt for reusable cloth or recycled paper to wrap presents.



# Mother Nature-Approved Decor

- **Organic materials:** Use natural elements like pine cones, herbs, twigs, leaves, and dried flowers.
- **DIY:** Create your own decorations using sustainable materials such as cardboard, fabric scraps, glass jars, newspaper, and old clothing.
- **LED lights:** Opt for energy-efficient LED lights for holiday displays.
  - \* *LED lights use less electricity to produce the same amount of brightness. Plus, they last longer than incandescent bulbs!*
- **Reusable decorations:** Invest in decorations that can be used year after year.

# Planet-Friendly Food and Drinks

- **Reduce emissions:** Source food and drinks locally and seasonally.
- **Plant-based options:** Offer plant-based alternatives for a more sustainable holiday meal. Consider dishes like stuffed squash or pumpkin, vegan shepherd's pie, or cranberry and pecan salad.
  - \* *Plant-based meals are more environmentally friendly, requiring less water and resources compared to meat production*
- **Zero-waste dining:** Reduce what goes in the trash during holiday celebrations by using reusable tableware and composting food scraps.
- **Sustainable beverages:** Consider options like fair-trade coffee, organic wine, or locally brewed beer.



# Environmentally Conscious Travel

- **Sustainable tourism:** Promote green practices, such as choosing eco-friendly accommodations, supporting nearby businesses, and minimizing your overall carbon footprint by doing the following:
  - turn off lights and electronics when not in use
  - take shorter showers
  - reuse towels and linens
  - reduce your consumption of single-use plastics and other disposable items
  - \* *Eco-friendly accommodations often use renewable energy sources, like solar power, as well as conserve water, reduce waste, and clean with earth-safe products. Some may also incorporate local materials and traditional building techniques.*
- **Staycations:** Explore your local area for a more earth-minded holiday getaway.
- **Public transportation:** Walk or bike when possible, but try to use public transportation or carpool when you go further.

## Climate-Positive Activities

- **Outdoor celebrations:** Get fresh air with physical activities that minimize environmental impact and let you take in the beauty of the season, such as hiking, biking, and exploring nature.
- **Community events:** Sign up to take part in local holiday events that support sustainable initiatives like:
  - eco-friendly craft workshops
  - holiday decor swap events
  - charity drives
  - sustainable gift-wrapping stations
- **Mindfulness and relaxation:** Reduce stress during this busy time of year with grounding activities such as meditation, deep breathing exercises, stretching, and yoga.
  - \* *When we're less stressed, we're more likely to make conscious choices that benefit the environment, such as choosing sustainable products, conserving energy, and reducing waste.*

