

How to have a Sustainable Christmas

- Christmas tree – Replanting
- Shopping bags
- Christmas cards
- Christmas outfit swap
- Christmas wrap
- LED lights
- Decorations Home made & natural
- Candle light
- Gift ideas – Experience, making it personal & regift, second hand, homemade, secret Santa, buy local, charity,



Christmas trees:

- You would have to have an artificial Christmas tree for more than 20 years to be greener than buying a fresh cut tree annually.

The calculation included greenhouse gasses emissions, use of resource and human health impact!

- Artificial trees are made of PVC! But if you already have an artificial tree then you should use it! Or buy a second hand one!
- But if you don't have an artificial tree or want the real thing then try a potted Christmas tree you can re - plant it in spring and bring it in again for the Christmas!
- Cut trees are great as they can be recycled and most places selling cut trees will recycle them back! Look out for following symbols to ensure they are sustainably grown: **BCTGA** British Christmas Tree growers Association or **FSC** Forest Stewardship council.
- Rent a tree look out for local schemes
- Or why not do without and decorate a fallen branches instead for a modern Christmas feel!



Christmas cards:

- An unbelievable 1.5 billion Christmas cards are thrown away by UK households each year some great alternatives
- Why not send an e-card? They cut your carbon footprint, save trees and save money
- Reduce the amount you send
- Stop sending them to colleagues at work but maybe create a message tree or a charity donation box!
- If you still want to send a card to someone special, then pick these cards with additional meaning (charity donation) and remember to pick cards without glitter or other sparkly decoration as these cannot be recycled!
- Have a card making day with friends or family
- Give alternatives - how about a pack of seeds or a small plant with message a extra special message of Christmas greetings?



Christmas Decoration:

- Make decorating the tree a family/friend's activity/experience in itself! Why not make a decoration together each year and then when you open the box you're reminded of the previous year's memory.
- If you're using fairy lights or any other Christmas lighting, use LED as they are more energy efficient. Remember to put all lights on a timer so they are not on all day; or use rechargeable batteries !
- Why not have a DIY Christmas and make decorations from decorating edible ginger biscuits, string popcorn to homemade advent calendars and crackers!
- Remember 'less is more' and physical clutter can cause anxiety! So keep it simple and don't feel you have to create more... it's about creating balance and a feeling of festive wellbeing!
- Need to buy? Then look for second-hand, Fair Trade and local crafts to ensure low carbon transport.





Christmas Gifts:

- Gift giving is a lovely way to show your love and appreciation, but it can also be a stressful, expensive and wasteful!
- The trick is not to buy in panic take your time and think of the recipient - a thoughtful inexpensive small gift means more than a lavish gift with no meaning!
- Experiences are an amazing gift and can secure some precious time with a loved one. Think about concert or cinema tickets
- Buy second hand or regift (It's not cheap but smart)
- Make your gifts - especially if it's from a child
- Donate to a charity or an organisation with special meaning
- Give the gift of time ... A jar of moments but make sure you're able to honor this!
- The perfect Secret Santa gift for colleagues could be a zero-waste present of non-disposable straws, water bottle, reusable coffee cup or why not make a cutlery pouch for their packed lunch
- Make a hamper of useful things... a zero-waste beauty alternative or food hamper!

Gift Ideas for the Less Waste Food Lover:

Why not create a hamper with all the things needed to get started for a less waste kitchen.

Some suggestions:

- Basket with handles so you can store potatoes and onions (Also makes a nice gift packaging)
- Glass sealed jars & bottles
- Measuring scales
- Non-cling food storage sealers
- Shopping bags
- Cotton or mesh draw string bags
- Wooden spatulas and spoons
- Tea strainer
- Glass coffee carafe
- WHY NOT MAKE LINEN & COTTON BAGS to help shop and store food



Gift ideas for the Less Waste Beauty Lover:

- Bamboo toothbrush
- Plastic free toothpaste
- Plastic free shampoo
- Plastic free conditioner
- Soap bar
- Beeswax wrap for soap
- Fabric cotton or toweling pads (make)
- Make drawstring bag as toilet bag personalise it using embroidery thread or fabric pens!



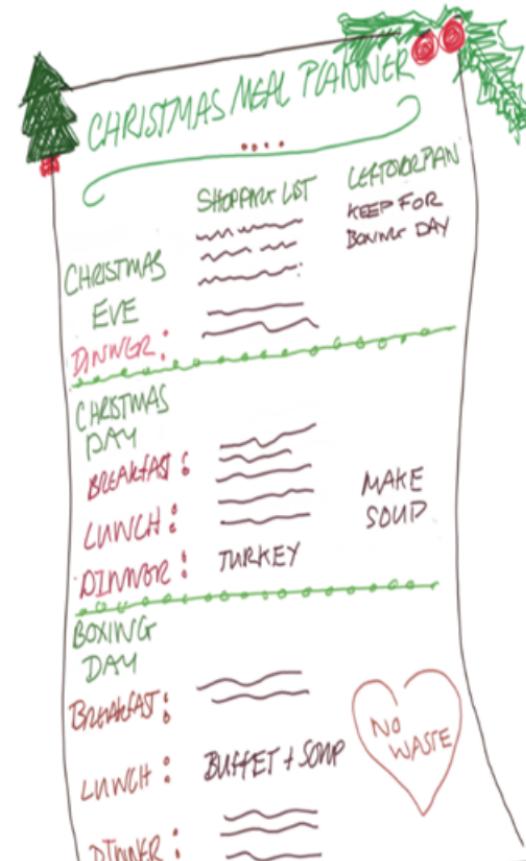
Gift ideas for the Less Waste 'on the go' Guru:

- Reusable coffee cups
- Water bottle
- Lunch box
- Lunch bag
- Wax food wraps
- Reusable straws
- On the go Cutlery carrier



Christmas meal planning:

- Plan plan plan your meals for the festive period with not only reduce your food waste but also make the festive season less stressful without worrying about not having enough!
- People who write lists spend on average **£145 less** on their annual food bill!
- Plan your leftovers what can you use the next day and what to freeze ! using clear stackable storage & writing dates and contents will make sure your waste doesn't go to waste!!
- Know how many people are coming and calculate generous portions to accommodate everyone – even surprise guests!
- If you're trying something new acknowledge any new ingredients, and other recipes they can be used for (many food waste is caused with ingredients you don't know what to do with!)
- Buy local - supporting your local suppliers and cutting down costs on transport.
- Choose quality over quantity, your guests will appreciate being able to get into their jeans after the festive season
- Try a vegan or vegetarian alternative and if not then source your turkey etc from local farmers
- Arrange a secret Santa with family or friends to cut down on novelty gifts ... agree a spend limit and encourage them to make gifts! Everyone receives a gift which they will love !



Christmas wrap:

- It's estimated that we use 4 million pounds of gift wrap waste a year - that's enough to fill 5,787 football pitches!
- Find ways to reduce gift wrap waste yet still give beautiful gifts
- Look for 100% recycled wrapping paper
- Re-use old wrapping paper and bags
- Make your own using scraps of fabric, old maps, newspaper, boxes tins and baskets!
- Keep the hanging loops from clothes and use these for small bows, decorate with pom poms from old wool or buttons.
Anything goes - it's the effort that counts!
- Make bags for life and use these instead of gift wrap!





Table settings and decorations:

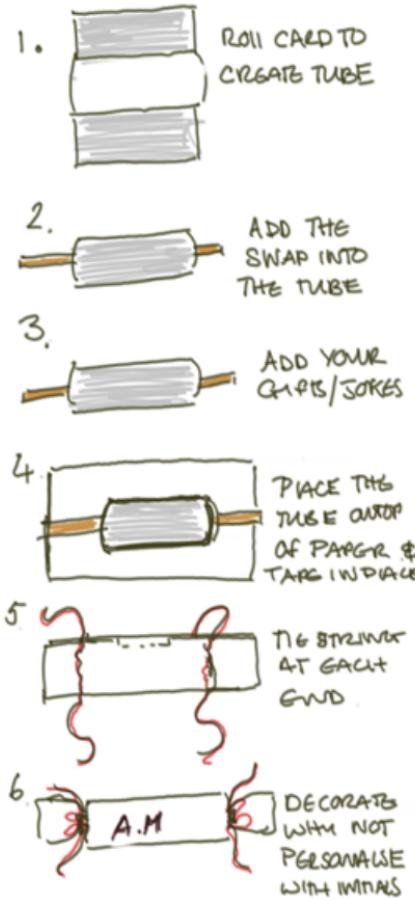
- Got a big family coming but you don't have enough stuff? Don't panic - first try and borrow what you need from family or friends... bring a bottle, bring a chair!
- Buy second hand or if buying new make sure its stackable/foldable so you can use again and again for years to come!
- If your table is too small use large board and cover with tablecloth or bedsheet!
- Use cotton napkins instead of paper as they will last longer. Make them from scraps of fabric - homemade doesn't need to mean matching!
- Make it personal using table place cards - try washable pens to personalise glasses and napkins
- Remember the company and food are essential - decorate the table in a simple way to enhance both! A few candles will create an atmosphere!
- If you really need to have disposable, make sure they are compostable

Plastic Free Christmas crackers :

This is an easy and fun craft for the whole family as it doesn't require any equipment!

You will need:

1. Recycled card (cereal boxes are great)
2. Tissue paper or why not use old maps, music sheets or reused wrapping paper
3. String or ribbon (why not save the ribbon hanging tags from clothes)
4. Scissors
5. Tape
6. Snaps (buy from craft shops)
7. Gifts (make it personal – could it be something you've made or a game to play at the dinner table)
8. Jokes... get your best or worse jokes ready



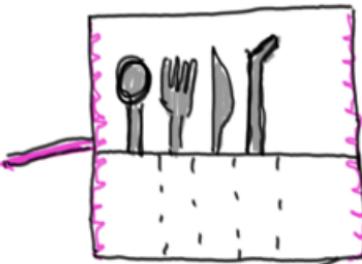
'On the go' Cutlery holder:

A great gift for a secret Santa and easy to make although it can be made with *wonder web*.

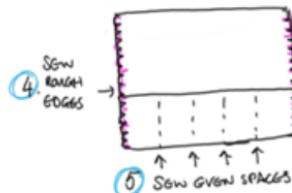
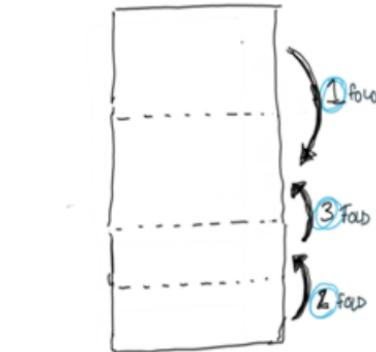
Machine sewing is best for a longer lasting result.

You will need:

1. Cutlery (why not pick this up at charity shop) don't forget your reusable straw!
2. Fabric
3. Needle & Thread (embroidery if hand sewing)
4. Sewing machine & wonder web are optional
5. Ribbon (why not save the hanging ribbons from clothing)
6. Why not personalise it using fabric pens



HOW TO MAKE A SUSTAINABLE CUTLERY SET



6. ADD 2 RIBBONS ACROSS



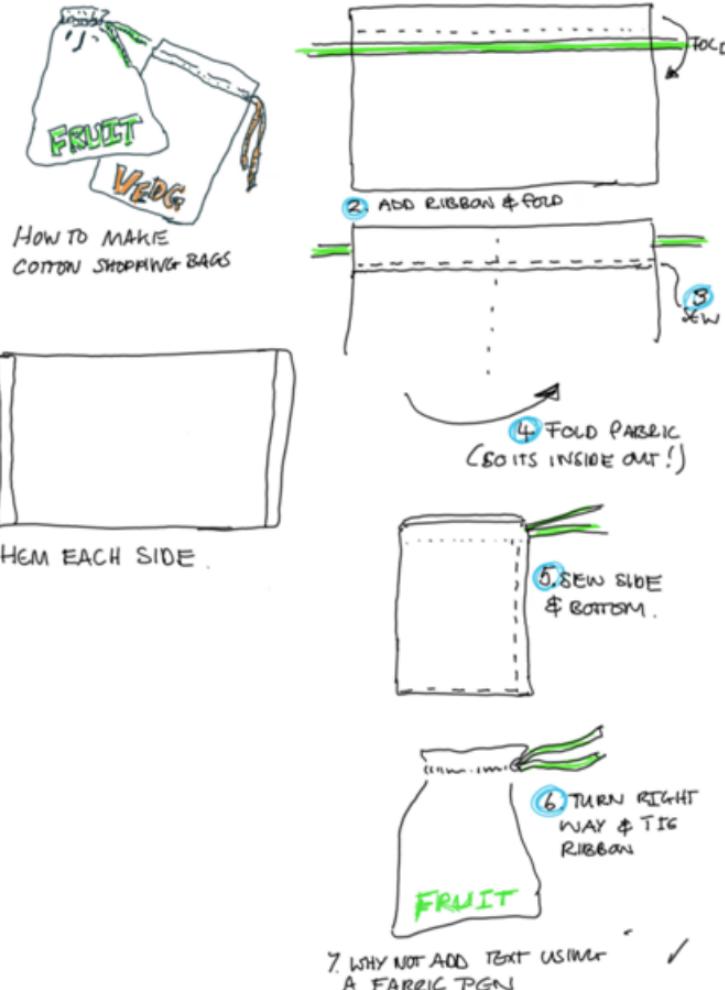
7. ADD CUTLERY & METAL STRAW AND ROLL.

Cotton food & toilet bags:

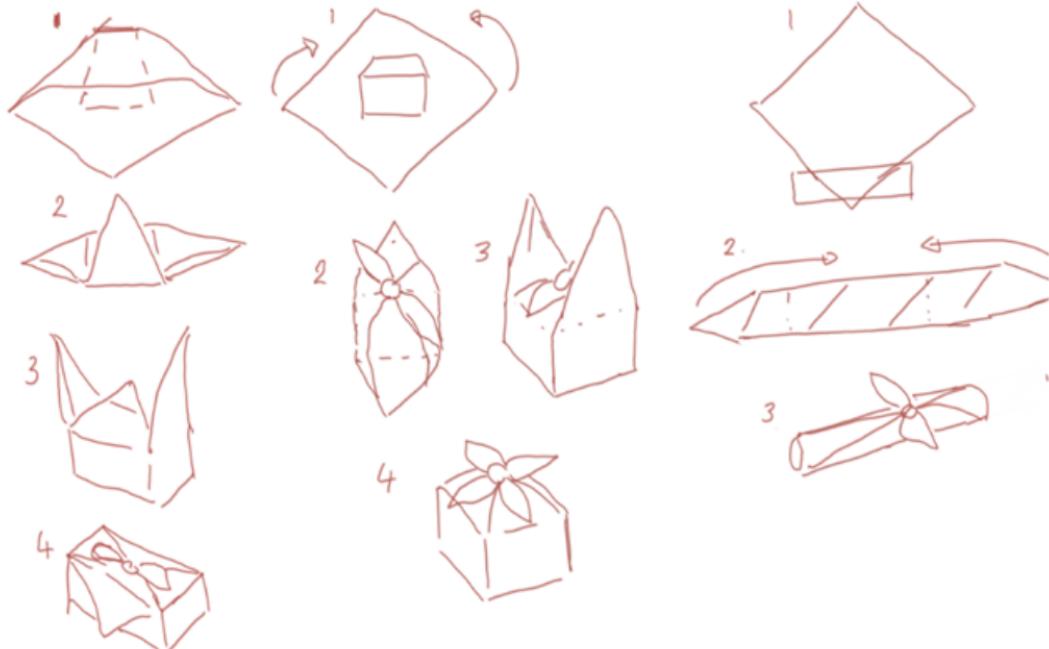
Great for zero waste shopping but they also double up as a great gift bag! Easy to make and decorate!

You will need:

1. Cotton fabric (old bed sheets are a great option)
2. Ribbon or string (Why not co- ordinate different colours)
3. Sewing machine
4. Thread
5. Scissors
6. Fabric pens (Why not personalise or write 'Fruit & Veg')



Sustainable gift wrap ideas:



- This is an easy way to create interesting gifts without using wrapping paper:
- You will need:
 - Fabric or
 - Vintage scarves or
 - Cotton bags for life
 - Pinking shears (scissors)
 - Fabric pens

Create a mocktail

Ingredients:

1 oz Lingonberry syrup

½ oz Fresh Lime juice (1 tablespoon)

Crushed ice

6 oz ginger beer chilled

Lime slice

Instructions:

Pour lingonberry syrup into the bottom of the glass. Stir in the lime juice

Fill a Collins glass with crushed ice then slowly pour over the ginger beer. Garnish with lime slice .





Christmas recycling guide:

Recycle:

- Wrap & cards without glitter & foil (non metallic)
- Cardboard boxes (remove any plastic)
- Bottles and cans
- Plastics
- It's ok if wrap has a little sellotape

Reuse or donate:

- Decorations - tinsel & baubles
- Bubble wrap or packaging
- Ribbon & bows
- Plastic toys

Take to your local recycling plant:

- Christmas lights
- Batteries
- Electricals