



Eco-Friendly Christmas

By Jemima Lowe and the Eco Committee

Which of these are recyclable?



Answer: NONE





So, what can you do to help?

See the next few slides for some ideas.

Biodegradable glitter and Eco crackers



Glitter contains microplastics, which can find their way into rivers and oceans, taking many years to degrade. So try and source a biodegradable alternative when you wish to add a sparkle to your Christmas!



A Christmas cracker need not be a single use, disposable item – it can be used over and over again to add fun to meals.

Advent calendars

Rather than have a new advent calendar each year, invest in one that can be used every year and which will become part of your family tradition.



Decoration exchange

If you would like to add some new decorations to your tree this year, instead of buying them why not exchange them with another family/friend or decorate them yourself?



Jumper Exchange

Rather than buying a new jumper every year, swap with a family member or friend.



Shop locally and choose fair trade gifts made from sustainable materials

When we choose to buy locally, we are stimulating the economy in our local community, which in turn helps benefit local schools and charities — and of course it helps the environment!



Some of our local eco-friendly shops:

FillingGood, Maidenhead
Fillinggood.co.uk



RISC, Reading
Risc.org.uk



CHRISTMAS TREES

- You should reuse your plastic Christmas trees
- If you buy a real tree, they might not last long, which means you might buy another real one. **DO NOT DO THIS AS IT WILL INCREASE DEFORESTATION!!!**
- You could use a house plant you have in your house as your Christmas tree
- You could use fairy lights and create a Christmas tree shape with it (then you could hang baubles on it) as shown on the bottom right corner:





Eco-Friendly Presents

As we approach the festive season we could all consider what little impact we can make to make the world a better place. So maybe this year consider buying an eco friendly present for your family and friends. Here are some ideas:

Give gifts of homemade biscuits, sweets, chocolates

Personalised tote bags - reusable bags with style.

Go the extra creative mile and make something with items lying around the house instead of buying new things.

So please, think about what each little present will add up to in the long term and try to make a difference, however small it may be.

Vegan and cruelty-free cosmetics!

Lush's environmental policy: bring back a container each time and claim 50p back or put it towards a new bath bomb.





Sustainable Wrappings

are just one of the ways in which we can reduce waste over the holidays – you could decorate plain brown craft paper with your own artwork, reuse newspaper, any plain paper and ribbons you already have at home, use plastic-free tape, make labels from recycled card or last year's cards....or even bake cookies as labels!





Furoshiki

- Furoshiki is the Japanese method of folding cloth around goods to transport them. This style uses no ribbon or glue or glitter of any sort but still looks very stylish. All you need is a piece of cloth: any cloth as long as it is big enough to wrap your gift in. The great thing about furoshiki is that you can reuse the cloth over and over again, Christmas after Christmas! There are also many tutorials on furoshiki to make the process even easier.

HOW TO

FUROSHIKI



Japanese gift
wrapping
technique -
Furoshiki

- <https://www.youtube.com/watch?v=c5wC4ITYvBY>
- Sustainable gift wrapping 😊



Forage

- Forage for decorations – If you have invested in a real Christmas tree (which is amazing!) you can simply trim a few little branches off it.
- You can use pinecones, holly leaves, spruce, pine and fir cuttings along with brown paper and natural twine.



Bags

- Brown gift bags – Who needs gift wrap when you have gift bags? Pass your presents on to their new owner in a recycled gift bag. This means that (hopefully) your bag will stay intact and it can be passed on from one person to another!



Shops

- Multiple well known brands have great deals on environmentally-conscious solutions to wrapping.
- Etsy for example have a great selection of handmade bags in various shapes and sizes.
- RSPB for instance have many gift wrappings, boxes and bags that depict birds and animals.

Reducing food waste this Christmas

270,000 tonnes of edible food is wasted on Christmas day alone, which could feed 270,000 people for an entire year.

Here's how you can help:



Leftovers- package leftovers and use for your next lunch

Compost your scraps- composting food is 46% cheaper than sending it to a landfill

Plan your Christmas meals- don't overbuy, prepare your storage space to keep food fresh for longer

Donate to FareShare- at over 100 collection points, accepting non-perishable goods

• <https://fareshare.org.uk/giving-food/who-we-work-with/>

We hope that you have been inspired by these ideas to try to have a more sustainable Christmas this year. Every thoughtful way in which you make a conscious decision to help the planet makes a difference.



The Eco Committee wishes you and your families very Happy Holidays!

