Have a 'Greener' Christmas

Do your bit to bring 'Peace on Earth' by having a low-Carbon Christmas.

The Christmas period is arguably the most polluting 3 days of the year, as people go all-out to make it special, buying extra food, gifts and decorations. It is estimated that each household produces an extra 5 sack-fulls of rubbish and each person emits approximately 650kgs of CO_2 emissions (which is about the weight of 1000 Christmas puddings!)[1]

How you can help:

1. DIY decorations – make your own Christmas decorations or Christmas crackers to give the holiday a personalized touch and avoid mass produced unnecessary waste.
2. Make/reuse/recycle Wrapping paper – avoid glossy or glittery paper as this cannot be recycled
3. Reuse Christmas cards as gift tags next year or make them into your own
4. Consider sending digital greetings
5. Carbon-conscious travel – avoid air travel if possible, car share
6. Reduce food waste – plan your meals, allow people to serve themselves (leftover food on plates gets binned), other leftovers can make another meal
7. Share the day – reduce energy consumption by heating only 1 house, cooking one meal
8. Consider using LED lighting and on timers or solar powered to reduce energy consumption – this can save up to 90% of your energy bill!
9. Be conscious of the kind of tree you have. Consider a tree with roots that can be replanted (a reduction of approximately 80% CO2e), 'rent' a tree that is sustainably sourced or ensure it is disposed of correctly. If you go artificial, ensure you reuse it for more than 5 years to reduce the carbon footprint.
10. Wrap up rather than touching the thermostat and save on your heating bills
11. Gifts – avoid 'throw-away' items, give with thought and care! Consider gifting experiences instead of items, or give a 'useful' gift on the recipient's behalf to a developing country.
12. Do a reverse advent calendar – aim to 'gift' something to someone every day, this could be your time, food bank donation, money or toys to a local charity…

Habits become traditions!

[1] Britons seek greener Christmas and a planet-friendly new year | The Independent | The Independent

Further Reading

https://www.carbonfootprint.com/12_carbons_of_christmas.html

https://www.carbontrust.com/news-and-insights/news/the-carbon-trusts-tips-for-a-more-sustainable-christmas

https://commercialwaste.trade/impact-of-christmas/

Useful Hacks for a Zero Waste Christmas | CDA Appliances

https://www.iwm.org.uk/history/how-britain-celebrated-christmas-during-the-second-world-war