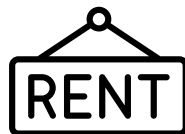


1

Choosing the most sustainable Christmas tree depends on your circumstance...



CHRISTMAS TREES WHAT'S SUSTAINABLE?



In 2021, only 19% said they would opt for a real Christmas tree that year, while 58% of respondents said they would buy an artificial one.

A 6.5ft artificial tree is responsible for about 40kg of greenhouse gas emissions - reusing your tree each year lowers your environmental impact (the ideal is to reuse it for 10 years).

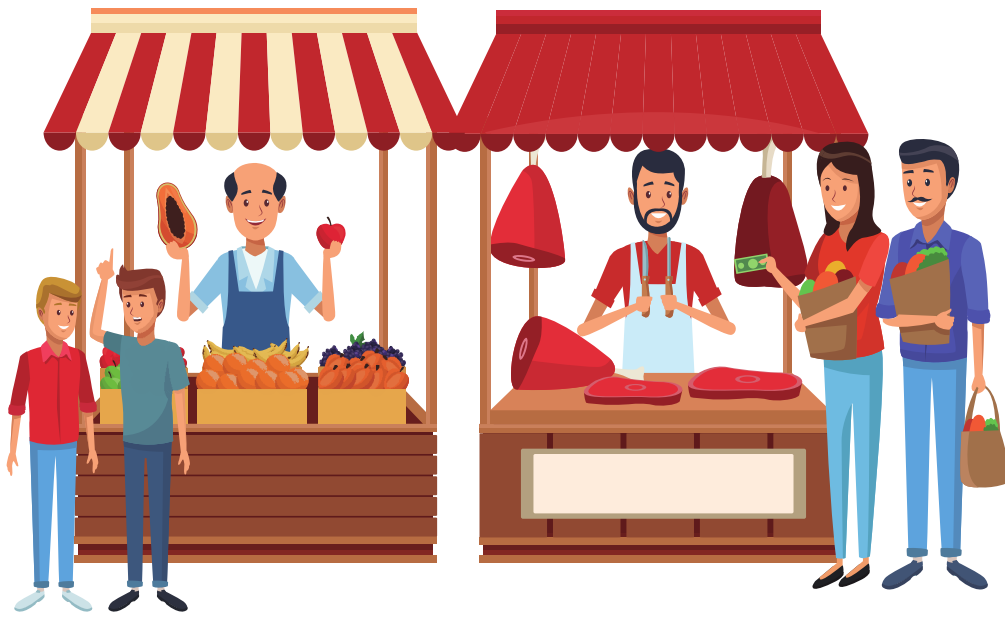
Have you thought about renting a tree? In between Christmases, the trees can be replanted, provide habitats for wildlife and then be re-used again the following year!

buy local real Christmas trees or even give it a go at potting your own! You can support a local grower and reduce the mileage that you would put on that tree. Have a look at the British Christmas Tree Growers Association website and find a tree near you! (www.bctga.co.uk)

CONSIDER ASKING HOW YOUR CHRISTMAS TREE HABITS CAN CHANGE TO A MORE SUSTAINABLE OPTION? HAVE YOU GOT STORAGE FOR AN ARTIFICIAL TREE? CAN YOU BUY LOCAL?

12 DAYS OF A SUSTAINABLE CHRISTMAS

2



SHOP LOCAL

products are locally made
and have low travel mileage



resulting in emitting far less
carbon dioxide to get to their
destination.

- **Did you know?** In 2020, the UK's Black Friday deliveries produced 429,000 tonnes of carbon (the same as 435 flights between London & New York!).
- Visit local markets in Huntingdon, Ramsey, St Ives & St. Neots!
- Using public transport (bus, train, Park&Ride etc.) can significantly reduce your carbon footprint and save costs in petrol and car parking fees. When planning Christmas Shopping, can you swap the car for a mode of public transport?

12 DAYS OF A SUSTAINABLE CHRISTMAS

3



ALTERNATIVES TO MEAT

- Consider vegetarian alternatives
- A kilogram of beef protein reared on a British hill farm can generate the equivalent of 643 kg of carbon dioxide (this is equivalent to the release of CO₂ emissions from charging 78,216 smartphones!).
- If you can't get past the meat cravings, try choosing organic and free-range. Even better, buy from your local butcher!

4



LED CHRISTMAS LIGHTS!

Incandescent lights produce up to 80% carbon dioxide gas while LED lights only produce about 1% or less carbon dioxide!

A small yet mighty climate action! LED Christmas lights have many benefits...



Energy efficient: LED lights use less energy and cost less to operate!



LED Christmas lights are **free from hazardous** materials such as mercury!



Long lifespan: longer-lasting than incandescent lights and are recyclable!



12 DAYS OF A SUSTAINABLE CHRISTMAS

5

RE-THINK
YOUR
CHRISTMAS
SHOPPING THIS
YEAR



SUSTAINABLE GIFT-GIVING

Each gift also has a significant environmental impact on its own.

For example, each piece of clothing that is given as a gift corresponds to the exploitation of dozens of liters of water and square meters of land; the production of the small electronic instruments given altogether results in the emission of more than half a million tons of greenhouse gases.

A study has shown that £4 billion is spent on entirely unwanted gifts (£92 per person), in the UK alone, equivalent to nearly five million tons of CO₂. Together with those that will have broken, about 40 percent of toys given away at Christmas will be thrown away by March.

Gift-giving tips...

- Buy an experience gift.
- Buy quality not quantity.
- Family present cost limits
- Shop second-hand.
- Buy someone a membership or a charitable gift.
- Family secret santa
- Donate any unwanted gifts.

12 DAYS OF A SUSTAINABLE CHRISTMAS

6



KEEP A LOOK
OUT FOR
FSC-CERTIFIED
CRACKERS!

FSC ensures that
products come from
responsibly managed
forests!

CHRISTMAS IS CRACKERS!

Figures suggest an extra 30% of waste is generated over the festive period! Can you reduce yours with a simple change in Christmas crackers?

Why do we use Christmas Crackers? Do we need them? If so, let's make our own or choose plastic-free Christmas crackers (Waitrose banned the selling of crackers with plastic toys in 2020!).

Head to www.thegreenpurpose.com to see how you can make your own eco Christmas crackers!

12 DAYS OF A SUSTAINABLE CHRISTMAS

7



REDUCE FOOD WASTE

Our Christmas traditions include 10 million turkeys, 370 million mince pies & 205 million glasses of champagne. Collectively, we bin 230,000 tonnes of unneeded Xmas treats - equivalent to 74 million mince pies or 2 million Turkeys!

- **Did you know?** Between 1/3 & 1/4 of the food we buy is thrown away during the Christmas period (3 days of festivities).
- The UK can lower our waste and food footprint by shopping carefully and planning meals.
- Compost vegetable peelings in your green bin! Save them from going to the landfill.
- Bubble & Squeak your waste!

8



Sellotape is not recyclable!

SUSTAINABLE WRAPPING

What's more, in the UK alone, we use up and throw away enough unrecyclable wrapping paper to circle the entire planet 9 times.

On average, it takes six mature trees to make a single tonne of paper. This means approximately 50,000 trees are used to make the 8,250 tonnes that are used at Christmas!

Not all wrapping paper that looks recyclable is recyclable!

- Look out for wrapping paper with eco-friendly credentials or FSC/PEFC logos! Not all that look recyclable are recyclable.
- You can buy plantable wrapping paper (2 presents in 1!)
- Using materials such as brown paper/newspaper/old magazines/string/ribbons/fabrics/old clothes/stockings - creative designs for wrapping whilst helping the planet!



12 DAYS OF A SUSTAINABLE CHRISTMAS



CHRISTMAS CARDS

It is estimated that Approximately 1 billion Christmas cards are thrown away every year. It would take the equivalent of 33 million trees to make that amount of card!

- Sending cards can be expensive could you rethink? Can you send online? Can you reduce the number of cards you send? Can the children make the Christmas cards? Donate to a charity instead?
- You can buy Christmas cards printed on FSC-certified recycled card and are recyclable.
- Remember cards decorated with glitter or foil cannot be recycled!

10



RECYCLE

If waste cannot be reduced, always remember to recycle where you can!



Did you know? Recycling just 1 aluminum can saves enough energy to run a set of Christmas tree lights for 2 hours!



Did you know? If the UK recycled all discarded glass, it could save 4,200 tonnes of CO₂ - the same as taking 1,300 cars off the road each year!



Did you know? 2 million turkeys are thrown away each year at Christmas, in the UK alone!



Recycle all glass, give them a quick swill and put lids back on.



Recycle your food waste in your garden waste bin or start a compost.



Recycle your delivery boxes and real Christmas tree - look out for HDC collection days at the end of the festive period.

11



REUSABLE ADVENT CALENDAR

Come Christmas Day, Advent calendars will be thrown out generating lots of unnecessary and environmentally - damage waste from sweet wrappings and plastic moulds.

- **Did you know?** Advent calendars and selection boxes add to the 3 million tonnes of extra plastic waste created every year during the festive period in the UK alone!
- Make your own DIY eco-friendly advent calendar from toilet rolls!
- Try to do a reverse Advent calendar - this is where you give something away for each day of Advent.

12 DAYS OF A SUSTAINABLE CHRISTMAS



CONNECT WITH NATURE

Spending time in a green space has shown many physical and mental health benefits. It also helps you swap from an activity that would otherwise increase your carbon footprint.

- For example, swapping a Christmas drive or time in front of the tv, for a Christmas walk.
- Walking has so many benefits including, boosting your energy & mood, boosting your immune system and strengthening your heart!
- Did you know if you swapped an hour of TV for a walk, you could save 170g CO₂e.
- Maybe a Christmas walk is already a tradition in your household. Think about how future increase in air pollution may change your experience?