



TIPS FOR EVER-**GREENING** YOUR HOLIDAY SEASON



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TIP #1:

DO A GIFT GUT CHECK

**THE AVERAGE PERSON RECEIVES
AT LEAST ONE UNWANTED GIFT
DURING THE HOLIDAYS – WITH
EACH GIFT COSTING
APPROXIMATELY \$49.95,
FOR A TOTAL OF \$16 BILLION
WASTEFUL DOLLARS SPENT ON
UNWANTED GIFTS.**



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01: BE A BETTER GIFTER GIVER

- To reduce waste, give gifts of time and gifts that are sure to be used/useful, such as consumable or experiential gifts.
- If you buy gifts, look for durable and reusable items and resist the latest "fad" , gag or desperation gift.
- Give environmentally-mindful gifts - or that offer an environmental give-back for each purchase. When possible, choose companies that offer lifetime warranties for their products or recycle/buy-back programs for their merchandise once it has reached the end of its useful life.



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TIP #2:

DIY YOUR HOLIDAY LIST

**62% OF AMERICANS PREFER GIFTS
THAT COME FROM THE HEART AND
FEEL MORE PERSONAL THAN
LAVISH, EXPENSIVE GIFTS.**



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02: THE THOUGHT DOES COUNT

- More than half of gift recipients say they keep handmade or personalized gifts much longer than generic, store-bought ones—often keeping them for a full year longer with many saying they would keep it forever.
- More than two-thirds of gift givers say they actually derive more satisfaction from giving someone a personalized gift than something generic because it is unique and memorable.
- Re-gifting and giving more personalized DIY gifts is often cheaper! Not only good for the planet, secondhand gifts are unique and mean more when specifically hand-picked for its meaning and significance to the recipient.



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TIP #3:

**SANTAS GOT A REUSABLE BAG -
YOU SHOULD TOO**

**IT TAKES UP TO 1,000 YEARS FOR A
PLASTIC BAG TO BREAK DOWN. ON
AVERAGE, A PLASTIC SHOPPING
BAG IS USED FOR JUST 12 MINUTES.**



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03: PACKAGING FOR THE PLANET

- Take reusable or cloth bags on shopping trips.
- Reuse a bag to give the gift to the recipient (or use a reusable bag which is a gift in and of itself!)
- Be aware of excess product packaging, including shipping materials - refusing whenever possible. Reuse boxes and packaging materials when shipping gifts to family and friends far away.
- Purchase as locally as possible so you can reduce the amount of packaging waste and transportation efforts needed to deliver your gifts.



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TIP #4:

**THE MOST ECO-FRIENDLY
WRAPPING PAPER IS NONE AT ALL**

**EACH YEAR AMERICANS ALONE
USE 4.6 MILLION POUNDS OF
WRAPPING PAPER COSTING \$7
BILLION DOLLARS, OF WHICH HALF
ENDS UP IN A LANDFILL.**



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04: THINKING OUTSIDE OF THE (WRAPPED) BOX

- Wrapping paper is basically designed to be torn into shreds and tossed away in less than 60 seconds.
- If you do buy wrapping paper, look for ones made of recycled paper.
- Paper with coatings, glitter, foil, bows, etc. is generally not recyclable, so try to avoid purchasing or reuse whenever possible.
- While many of us associate that anticipation with traditionally wrapped gifts, there's nothing in the way of scientific studies to say you can't get the same—or at least similar—feelings from something less wasteful.



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TIP #5:

KEEP WASTE UNDER WRAPS

**IF EVERY AMERICAN FAMILY
WRAPPED JUST 3 PRESENTS IN
REUSED MATERIALS, IT WOULD
SAVE ENOUGH PAPER TO COVER
45,000 FOOTBALL FIELDS.**



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05: WASTE-LESS WRAPPING

- Try using colorful pages torn from magazines to wrap small gifts, and old maps, newspapers or posters for larger boxes.
- Useful containers that are part of the present can be perfect ways to conceal your gift until it is time to open and be a gift in and of itself.
- Use reusable decorative tins, baskets or boxes to package gifts. Even fabric, such as scarves, cloth napkins or dish cloths can be used for wrapping.
- When being given a gift, unwrap carefully and save wrappings for reuse next year.



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TIP #6:

LOG ON OR PICK UP THE PHONE

**EACH YEAR, AN ESTIMATED 2.6
BILLION HOLIDAY CARDS ARE
SOLD IN THE US - ENOUGH TO FILL
A FOOTBALL FIELD 10 STORIES
HIGH !**



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06: I JUST CALLED TO SAY... HAPPY HOLIDAYS

- Instead of a traditional card, consider an e-card or a telephone call to friends and family. This saves on postage too.
- If you send holiday cards, look for ones made of recycled paper using eco-friendly inks.
- Avoid cards with glossy, shiny or gold foil coatings since these cannot be recycled.
- Save the cards that you get in the mail, cut off the front pictures, and reuse as "postcards" or gift tags for next year.



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TIP #7:

**PUT JUNK MAIL ON THE
NAUGHTY LIST**

**AN AMERICAN ADULT RECEIVES 41
POUNDS OF JUNK MAIL A YEAR.
THIS MUCH PAPER REQUIRES
CUTTING DOWN BETWEEN 80
MILLION AND 100 MILLION TREES
ANNUALLY.**



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07: REFUSE AND RETURN TO SENDER

- Start by recycling all junk mail. (Most junk mail can be recycled in the yellow bin.)
- Go paperless and don't sign up for things that you don't want or need. Register your accounts to receive all communication via email. Better yet - decline when people offer to send you advertisements for new products.
- Use services like catalogchoice.com or dmachoice.org which helps you unsubscribe from catalogs you do not want to receive.
- Eliminate credit card promotions by calling 1-888-5OPT-OUT.



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TIP #9:

GIVE TRADITIONS A REBOOT

AMERICANS PILE UP NEARLY 30
POUNDS OF EXTRA TRASH PER
WEEK DURING THE HOLIDAYS -
MUCH OF IT FROM "CELEBRATING"



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09: REDUCING THOSE HOLIDAY POUNDS

- Top 5 offenders of holiday waste? Wrapping paper, gift bags, tissue paper, food waste, and plastic or boxes from presents and decorations.
- Instead of endlessly buying new decorations, swap with a friend or family member for the year. Chances are you will each have an abundance of unused decorations you can share as new-to-you holiday decor.
- If you want to create customized decorations, natural materials like cones, branches, leaves and berries work best.
- Simple means less stress - and less waste.



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TIP #10: UNDERINDULGE THIS SEASON

IN NORTH AMERICA, THE AVERAGE PERSON WASTES WELL OVER 200 POUNDS OF FOOD IN A YEAR, MOST OF IT AROUND THE HOLIDAYS.



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10: SET OUT THE TABLE (NOT THE TRASH)

- Plan ahead - take inventory of your pantry before heading out to the store.
- Be realistic about how much to prepare for your holiday gathering. Don't aim for overwhelming abundance; instead try to prepare "just enough."
- Encourage friends and family to take leftovers home (invite them to bring reusable food containers with them).
- Freeze leftovers to enjoy after you've had a break from them for a little while.
- Search "holiday leftover recipes" online for new ideas.



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TIP #11:

**O(OLD) CHRISTMAS TREE -
OR NO TREE**

**UNLESS YOU OWN THE SAME FAKE
TREE FOR ABOUT 10 YEARS, A REAL
TREE (DECORATED WITH MORE
SUSTAINABLE DECORATIONS) IS
THE BETTER ENVIRONMENTAL
CHOICE.**



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11: TRIMMING THE TREE

- Buy a real tree that has roots and can be replanted.
- If you choose a real tree, look for **FSC** Certification to confirm it has been sourced sustainably. Ensure you recycle it as best you can.
- If you'd prefer an artificial tree, select a second hand one rather than buying new. If you do decide to buy new, buy one that is good quality so it lasts
- Artificial trees cannot be recycled, so consider donating it or reusing parts where possible to extend its use.
- Use an alternative tree made from found materials such as drift wood.



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TIP #12:

GET (L E D) LIT THIS HOLIDAY

AMERICAN HOUSEHOLD
CHRISTMAS LIGHTS USE UP MORE
ELECTRICITY THAN SOME POORER
COUNTRIES DO IN A YEAR.



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12: ALL IS MERRY AND BRIGHT

- Choose LED lights when purchasing or replacing sets of lights. Not only are they extremely energy efficient, using up to 90 percent less energy than incandescent bulbs, but they also last twice as long.
- Use solar lighting when possible to illuminate your landscaping during holiday time.
- Do not put holiday light strings in recycling or trash. Holiday light strings contain plastic, glass, copper, and even lead, all of which can harm the environment.
- Dispose of old light sets properly at any of the seven Solid Waste Authority of Palm Beach County Home Chemical and Recycling Centers.



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THE ENVIRONMENTALIST'S NIGHT BEFORE CHRISTMAS"

'Twas the night before Christmas, I went all through the house,
turning lights OFF that were left ON, by my kids and my spouse.

The stockings were hung by the chimney with care, to reduce carbon footprints and dry them by air.
The children took showers as fast as could be, under five minutes to save gallons, you see.

The kids went to bed and we tucked them in tight,
dropped the thermostat down low for the long winter's night.

Now off to the kitchen, dishes high as a tower, loaded the washer to run during an off-peak hour.
Now the house was all quiet and the children asleep, it's time to wrap presents without making a peep.
Not a brand-new wrap we bought at the store, we repurposed old papers, and gifts bags, and more.

The gifts now were laid under the tree, it's fake, made of plastic... so please don't judge me.

Next year I promise I'll get one that's living, potted for replanting—a gift that keeps giving.
With our eyes oh so heavy we head off to bed, but we're stopped in our tracks by a noise overhead.

The clomping of hooves and sleigh that sounds polar, I hope Santa knows my roof is all solar!
But before we could look, he was off on his mission, powered by reindeers... now that's low-emission!
We heard him exclaim as he drove out of sight,

"MERRY CHRISTMAS TO ALL, THE FUTURE IS BRIGHT!"

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HAPPY
HOLIDAYS

FROM



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