

# Eco Christmas



Where does the magic  
of Christmas come from?



it all starts with kindness

# Gifts

- **Find second-hand gifts** - try shopping in charity shops.
- **Make your own gifts**, such as cakes or tree decorations.
- **Choose eco presents**, like reusable water bottles.
- **Use local and eco shops**.



# Decorations

- **Go natural** - use natural materials like pinecones, cinnamon sticks and popcorn.
- **Avoid plastic:** Steer clear of tinsel and glitter, which are hard to recycle. They can also become microplastics which are harmful to wildlife, if eaten.
- **Reuse:** Save and reuse decorations from previous years.
- **Switch to LED lights:** LED lights use significantly less energy than traditional bulbs.



# Wrapping

- **Skip the glitter and plastic tape:** Avoid glittery paper and plastic tape. Opt for recyclable wrapping paper and paper tape.
- **Decorate presents with reusable ribbons or twine.**
- **Save your gift bags, ribbons etc to reuse next year.**
- **Save your Christmas cards and cut them up to use as gift tags next year.**



# Food and Waste

- **Reduce food waste:** Plan meals, buy only what you need, and compost any food waste.
- **Make sustainable food choices:** If you can, choose organic, locally sourced, or plant-based options.
- **Eat seasonally:** Focus on traditional UK-grown root vegetables like potatoes, parsnips and carrots, and winter vegetables like cabbage, squash, broccoli and cauliflower.
- **Avoid buying Christmas crackers with throwaway plastic toys.** Opt for more eco crackers or try making your own.
- **Go plastic free with your Christmas tree.** If your fake plastic tree is ready to be thrown away, consider buying a locally grown potted tree. This can be kept outside throughout the rest of the year.

