

Green Your Holidays

The season's festivities put enormous stress on not only the environment, but ourselves. During the holiday season, we see an increase in household waste by up to 25% and about 28 billion pounds of food thrown in the trash.

Bring more joy to the world, with these five simple tips:



1. Cut Down on Waste

- ◇ bring reusable bags while shopping
- ◇ use old gift bags or newspaper to wrap gifts
- ◇ use reusable dishware while entertaining
- ◇ create DIY cards instead of purchasing new ones

2. Pick a Greener Christmas Tree

- ◇ real or artificial? while artificial trees last longer, Christmas tree farms provide a lot of ecological benefits, such as providing a refuge for wildlife, supporting soil health, emitting oxygen and absorbing CO₂ from the atmosphere.

3. Save Energy and Resources

- ◇ in the colder months, keep your thermostat lower, while adding on clothing layers
- ◇ use LED lights for decorations
- ◇ do not keep lights on all day and night, use a timer
- ◇ unplug to reconnect—turn off your technology and enjoy spending quality time with your friends and family

4. Give Experiences, Not Things

- ◇ step away from the malls and give your loved ones the ultimate gift—create memories that last longer!

5. Support Charitable Causes

- ◇ make a charitable gift to a nonprofit organization from yourself or on someone's behalf