

ALL I WANT FOR CHRISTMAS



IS CLIMATE ACTION



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#1 OPT FOR A LIVE POTTED TREE!

AVOID THE CHRISTMAS TREE DILEMMA AND GET A **LIVE POTTED CHRISTMAS TREE** FOR THE FESTIVE SEASON.

CORK POT GROWN CHRISTMAS TREES IS A BUSINESS THAT LET'S YOU RENT OR BUY A REAL CHRISTMAS TREE IN POTS.



ALL YOU HAVE TO DO IS WATER YOUR TREE AND RETURN IT IN JANUARY.

YOU CAN EVEN RENT THE **EXACT SAME CHRISTMAS TREE** NEXT YEAR.

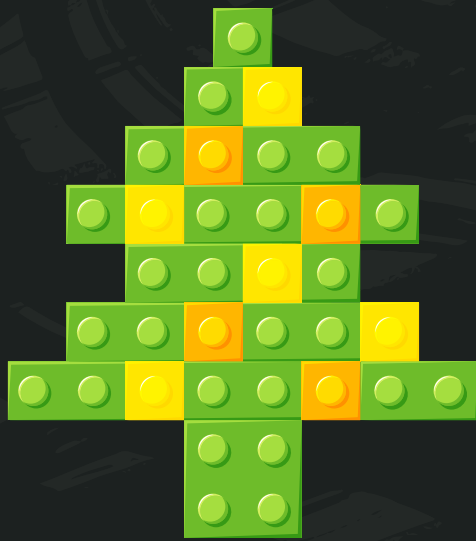
THIS OPTION IS MORE SUSTAINABLE THAN PURCHASING A FAKE TREE OR CUTTING DOWN A REAL CHRISTMAS TREE.



SUSTAINABILITY & CHRISTMAS TREES



FAKE



- THE PRODUCTION OF A 2M FAKE TREE PRODUCES ABOUT **FORTY KG OF GREENHOUSE GAS EMISSIONS.**
- THEY ARE DERIVED FROM FOSSIL FUELS.
- THEY TAKE YEARS TO BREAKDOWN WHEN SENT TO LANDFILL.
- THEY ARE HIGHLY ENERGY INTENSIVE.
- BUT THEY CAN BE REUSED.

REAL



- A REAL TREE SENT TO LANDFILL HAS A **CARBON FOOTPRINT OF ABOUT SIXTEEN KG.**
- MOST CHRISTMAS TREES ARE GROWN AS HORTICULTURE CROPS SO THERE'S NO NEED TO WORRY ABOUT CONTRIBUTING TO DEFORESTATION.
- PESTICIDES ARE OFTEN USED ON THESE TREES, WHICH ARE HARMFUL TO OUR BIODIVERSITY AND WEAKENS OUR ECOSYSTEMS.

APPROXIMATELY 227,000 MILES OF WRAPPING PAPER ARE USED IN THE UK EACH YEAR.



Roughly 50,000 trees are cut down to produce enough wrapping paper to meet consumer demands.



Wrapping paper is single-use plus the use of sellotape, plastic ribbons, and glitter means that it often can't be recycled so it just ends up in landfill.



#2 DITCH WRAPPING PAPER



WHY NOT TRY:

- **Re-using gift bags and boxes.**
- **Wrapping gifts in fabric.**
- **Using brown paper or old newspapers to wrap gifts.**



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#3 GIFT EXPERIENCES OVER PHYSICAL PRESENTS THIS CHRISTMAS

- **CINEMA PASSES**
- **RESTAURANT VOUCHERS**
- **A WEEKEND AWAY**
- **SPA VOUCHERS**
- **CONCERT TICKETS**
- **ART CLASSES**
- **COOKING CLASSES**
- **WINE/WHISKEY TASTING**
- **KAYAKING**
- **BOWLING**
- **AIRBNB GIFT CARD**
- **TICKETS TO A SPORTING EVENT**



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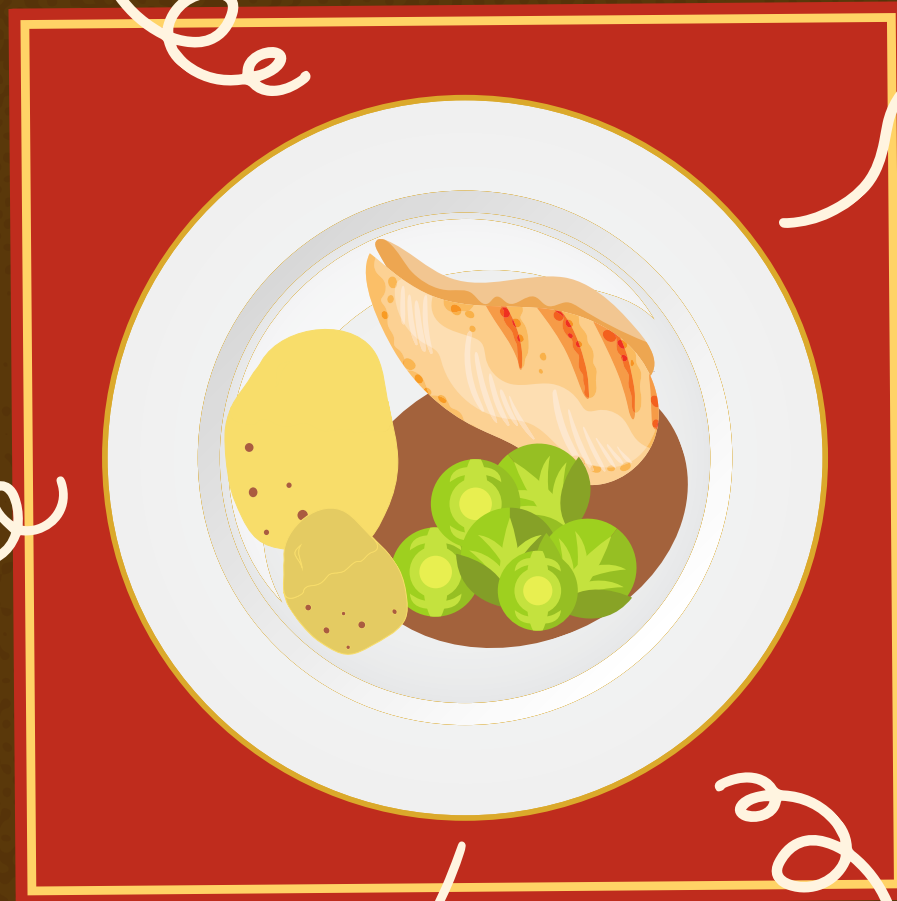
#4 MINIMISE FOOD WASTE

USE YOUR LEFTOVERS
IN NEW RECIPES



PLAN OUT YOUR
CHRISTMAS MENU
& STICK TO IT

FREEZE FOOD
YOU WON'T EAT

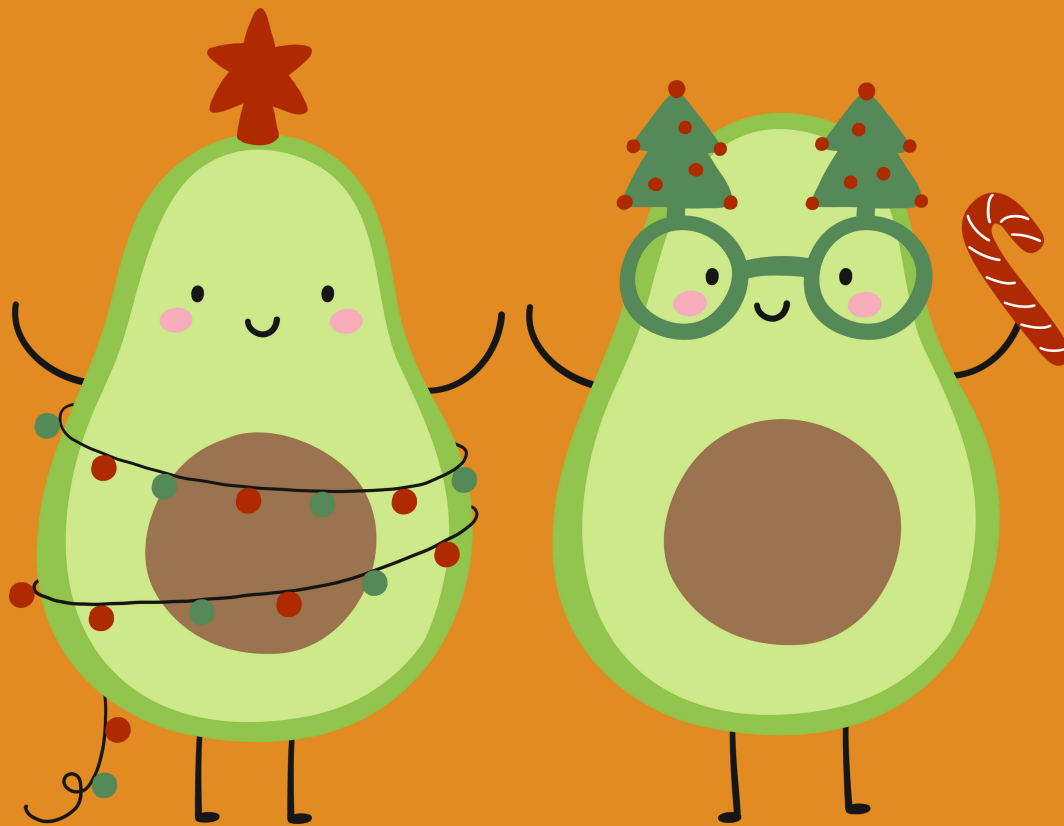


ONLY COOK
WHAT YOU NEED

SHARE WHAT YOU MAKE WITH
NEIGHBOURS & FRIENDS



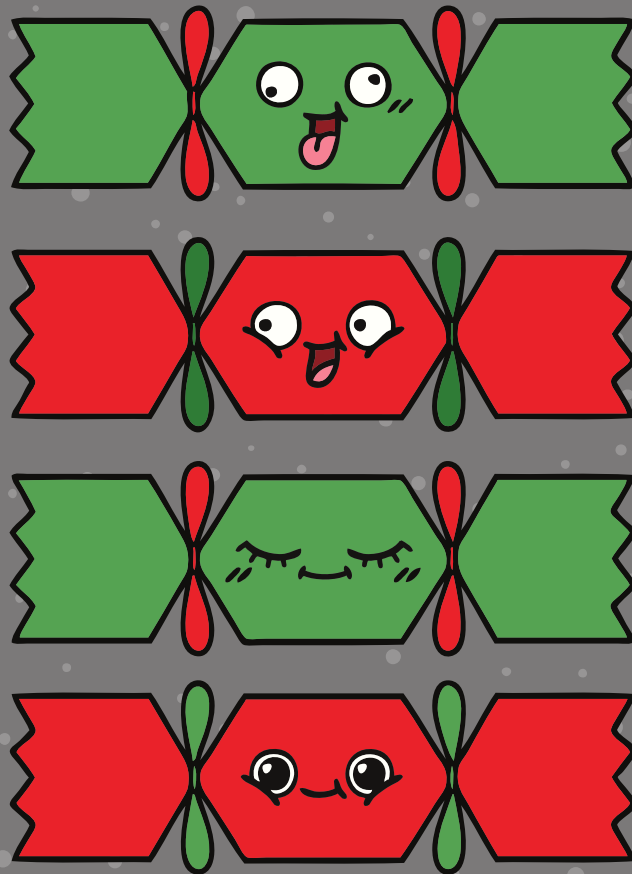
#5 OPT FOR A PLANT-BASED CHRISTMAS DINNER



A traditional Christmas dinner with turkey has more than double the carbon emissions compared to a vegan nut roast .



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#6 SKIP CHRISTMAS CRACKERS

REDUCE YOUR PLASTIC CONSUMPTION AND
SAY NO TO CHRISTMAS CRACKERS THIS YEAR.





#7 ENJOY OUR GREEN SPACES

THERE ARE COUNTLESS HEALTH BENEFITS OF GREEN SPACES SO MAKE SURE TO GET OUT IN NATURE OVER THE CHRISTMAS HOLIDAYS.



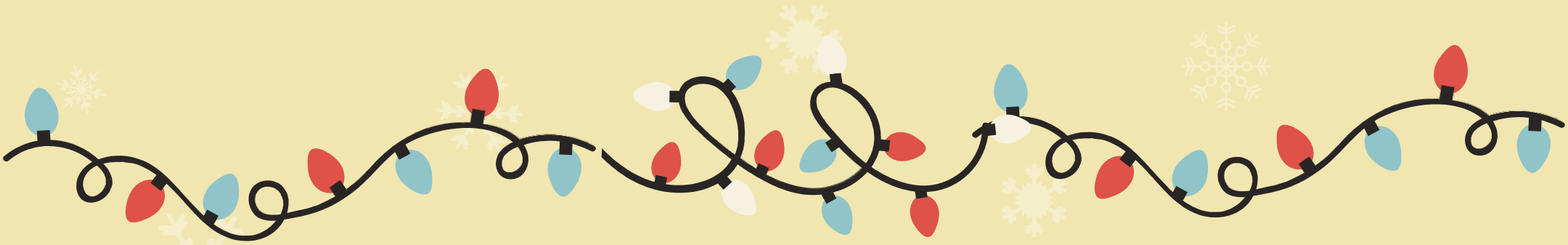
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#8 REGISTER TO VOTE

WITHOUT POLITICAL ACTION, WE WILL NOT BE ABLE TO MITIGATE CLIMATE CHANGE. MAKE SURE YOU'RE REGISTERED TO VOTE AND SUPPORT THOSE WHO ARE PUSHING FOR CLIMATE ACTION.





#9 BE ENERGY SMART!



**OPTING FOR LED LIGHT BULBS (WHICH ARE MORE ENRGY EFFICIENT)
AND HAVING TIMERS ON YOUR LIGHTS WILL CUT DOWN YOUR
ELECTRICITY BILL AND YOUR CARBON FOOTPRINT.**





#10 REDUCE REUSE REWEAR

**REWEAR YOUR CHRISTMAS JUMPER FROM LAST YEAR,
SWAP JUMPERS WITH FRIENDS & TRY TO USE THE
CLOTHES YOU ALREADY HAVE THIS CHRISTMAS SEASON.**





#11 GET CRAFTY WITH YOUR DECORATIONS

INSTEAD OF BUYING NEW DECORATIONS, TRY YOUR HAND AT UPCYCLING OLD DECORATIONS YOU ALREADY HAVE AT HOME OR CRAFTING YOUR VERY OWN ORNAMENTS FROM SCRATCH!



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#12 BUY LOCAL

WHEN DOING YOUR FOOD SHOP, BE AWARE OF WHERE YOUR FOOD IS COMING FROM. OPT FOR FOOD THAT IS LOCALLY GROWN & PRODUCED TO REDUCE FOOD MILES.

#13 EAT SEASONALLY



**EATING WITH THE SEASONS WILL MAKE
YOUR FOOD SHOP A LOT MORE
SUSTAINABLE WHILE SUPPORTING LOCAL
GROWERS AND YOUR LOCAL ECONOMY.**



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The power of individual sustainable actions should not be understated.

However, if we want to avoid the worst impacts of climate change, we need change on all levels.

Lobby your politicians to take immediate and radical action to combat the ongoing climate crisis.

**SYSTEM CHANGE NOT
CLIMATE CHANGE**

