



On the twelfth day of Christmas, my true love gave to me...

- 12 Recyclable wrapping** Foil, shiny, or decorated wrapping is non-recyclable. Try wrapping gifts in brown paper, recycled paper, newspaper, a pretty scarf, or fabric bag. Curling ribbons are non-recyclable. Use a fabric ribbon instead.
- 11 Christmas tree lights** are left on for an average of 10 hours a day during the Christmas period. Turn them off when not needed and switch to LED.
- 10 Eco presents** Buy local, ethical, durable, recyclable. Buy to help wildlife e.g. bird boxes, bee hotels. Buy pre-loved from a charity shop, or an experience present like a cinema trip.
- 9 Ditch the plastic** Buy fruit and vegetables loose from grocers or SWOP shops. Use a reusable advent calendar, fill it with chocolates this year, and save it for next.
- 8 Rechargeable batteries** Batteries contain toxic chemicals, do not biodegrade and are difficult to recycle. Try rechargeable batteries or USB rechargeable.
- 7 Vegetable oil candles** Paraffin /petroleum candles are bad for your health and the environment. Candles made from soy, beeswax or vegetable-based wax will biodegrade and are smoke-free.

- 6 **Christmas trees** Check your real tree is from a sustainable source e.g. [British Christmas Tree Growers' Association](#), and, if possible, certified by The [Soil Association](#) as organic (pesticide free). Or choose a potted tree that you can use each year.
- 5 **Cracker free!** Shop bought crackers overwhelmingly contain single use plastic gifts. Search online for eco crackers or buy the snaps and make your own with gifts you'll want to keep.
- 4 **E-cards** In the UK we buy 16 cards for every man, woman and child. Send an e-card, especially over long distances. Buy charity cards with recycled paper. Repurpose last year's cards. Avoid glitter, it is a microplastic. Recycle when finished.
- 3 **Home made decs** Use recycled decorations, or those that are fairly traded and ethically sourced. Or get creative and make your own.
- 2 **Think long term** Whatever you are buying think about its impact on the planet in manufacture and disposal.

And one organic turkey or meat free! Think 'LOAF' Local, Organic, Animal Friendly. Around ten million turkeys are eaten in the UK every Christmas. Buy organic, it is better for you, and the planet. Turkeys from Brazil, vegetables from Africa, wine from Australia the food and trimmings can add up to between 200,000 and 50,000 miles. That is between 4 and 8 times around the world! Buy local, buy less, eat more greens, go green!

Final thought: Maybe, focussing on a greener, kinder Christmas will give us time to reflect on the true meaning of what Christmas is about for Christians around the world, the birth of Jesus.