



## How to have a **GREENER** Christmas

### Merry Card-mas

Thousands of cards are thrown away each year, many with unrecyclable glitter and plastics on them. This year maybe save on waste and cost by sending e-cards! Or if you love posting cards and receiving them, make them yourself or use the cards you receive this year as next year's gift tags!

### It's the Most Wonderful Time of the Year (to shop local!)

Local and independent shops are a good source for gifts that come without the added costs of transportation. And gifts made locally often have a story which goes with the gift, since the artisan and the origin of the gift are known. You can find a list of local indies here <https://indiecambridge.com/>

### Last Christmas I gave you 277,000 miles of wrapping paper

Approximately 277,000 miles of wrapping paper gets thrown away every year

Recycle last year's gift bags and old paper or use recyclable brown paper that you can decorate yourself. You can also buy recyclable wrapping paper online and in some shops.

### All I Want for Christmas is Some Rechargeable Batteries

New gifts at Christmas often mean that households go through a lot of batteries. Batteries contain toxic chemicals, do not biodegrade and are difficult to recycle. Instead think about trying rechargeable batteries.

### We All Want Some Figgy Pudding

According to FoodCycle, in the UK, we waste five million Christmas puddings, two million turkeys and 74 million mince pies every year –Plan meals ahead of time to avoid food waste and start making room in the freezer for storing leftovers now and if you can't get through it all, download the Olio app so unused food can be put to good use by others in your area. Shopping locally is better for the environment, so take your own bags and buy fruit and vegetables loose when possible to minimise plastic.

## **I'm Dreaming of an LED Light Christmas**

Solar or rechargeable LED lights save energy and reduce the risk of tripping over wires after too many sherries!

## **Oh! Christmas Tree**

Seven million trees go to landfill each year. A tree with roots intact can be replanted and used again next year, you can replant it in your garden and some companies will even pick it up and replant it for you!

If you have an artificial tree, make sure to take good care of it as according to the Carbon Trust it takes approx. 10 Christmasses for an artificial tree to be less environmentally harmful than a real one

**Just making one or two small changes this Christmas can make a huge difference, please send us your Green Christmas and New Year pictures to [greenteam@mml.cam.ac.uk](mailto:greenteam@mml.cam.ac.uk) so we can feature them in the January Newsletter. We'll choose our favourite who will win a £10 gift voucher to The Ethical Shop**