

ENJOYING A SUSTAINABLE CHRISTMAS



With the festive season now on us, we wanted to share some thoughts and ideas about ways to make your celebrations more sustainable. Below are a few ideas, but if you know of any others then please share them on the Boddington Facebook page.

1. Choose a gift that lasts – Why not buy a plant or a tree? Something that will continue to give the receiver joy, long after the Christmas decorations have

been taken down.

Local to Boddington we have Barn Farm Plants (www.barnfarmplants.co.uk) in Wardington and Farnborough Garden Centre (www.farnboroughgardencentre.co.uk/), both of which have a great selection of plants, as well as other gifts. Dennetts of Daventry are another good local option.

2. Switch to eco-friendly wrapping paper – Many types of wrapping paper, especially foil or glitter-decorated paper can't be recycled. Look for recycled paper, or use brown paper and decorate with garden twine and sprigs of foliage. Also try using last year's Christmas cards as tags.



3. Use a real Christmas tree and then replant it to use again next year. Some parts of the country are beginning to introduce rental schemes, where they replant the tree for you, although we haven't found one local to Boddington yet (but have a look at www.bctga.co.uk and www.growninbritain.org).

If you do have a real tree, and can't replant it, then make sure to put it out for recycling (www.reducereuserecycle.co.uk).

Also think about buying a re-usable Advent calendar. Investing in a wooden advent calendar rather than a disposable shop-bought one each

year is not only a quick win for the planet, but it can also be a thoughtful Christmas gift that can be personalized and kept forever.

4. Buy local and keep the carbon footprint down by reducing mileage – we have many local suppliers, including Marley Farm in Byfield and Appletree Farm in Aston-Le-Walls (who also do weekly deliveries of products such as milk, eggs and yoghurt). Local suppliers need your support all year round, not just at Christmas. Use it or lose it!
5. Recycle, Recycle, Recycle! As well as the tree, make sure you put all your waste into the right bins, and keep an eye on changes to the refuse and recycling collection dates over the bank holidays. Tesco and Co-op are also now collecting soft plastics for recycling – that includes cling film, pet food pouches, crisp and sweet wrappers, bread product bags etc. Don't forget to put any waste food in your grey bin (once you've made and enjoyed a delicious bubble and squeak) <https://www.bbcgoodfood.com/recipes/bubble-squeak>



6. Re-wear your Christmas jumper! 95% of Christmas jumpers are made using plastic (most commonly acrylic). Try not to buy a new one every year. Swap, buy second-hand, or just wear them again. BeyondRetro (www.beyondretro.com) have a range of vintage Christmas jumpers, knitwear and sweatshirts, or just head to a local charity store (and maybe donate while you are there).



Sourced from BeyondRetro (beard not included)

7. Think about materials. Look at the materials that gifts are made from and keep sustainability in mind. Ensure wood and paper are made from recycled or Forest Stewardship Council (FSC) certified materials. Avoid single-use plastic items that can't be recycled. Use LED lights on your Christmas tree, and switch off your lights at night.
8. And finally... a few statistics.

Every Christmas

2 million turkeys, 5 million Christmas puddings, and 74 million mince pies get disposed of while still edible, causing almost 270,000 tons of food waste, contributing towards around 8- 10% of global greenhouse emissions associated with food that is not consumed throughout the year.

Top tips (<https://www.ecoandbeyond.co/articles/christmas-food-waste/>) are to plan in advance, buy fruit and veg loose (thereby buying what you need), inform your guests what to bring, and avoid those supermarket deals tempting you to buy what you don't need. And that way you don't have to go on the dreaded January diet for too long!

Even if you only do one of the things above, every little helps.

Have a wonderful Christmas.

