

Holiday Green Guide



PROVIDED BY S.A.V.E.

WINTER 2009

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*"You don't have to sacrifice the celebration for sustainability." -
Newsweek*



We here at S.A.V.E. have put together a quick holiday guide to help you have a sustainable, low-cost, low-impact holiday. We've done some research on some simple things you can do to make this holiday a green one! From lights, to wrapping paper, to keeping warm, we've got you covered.

**HAPPY HOLIDAYS FROM
S.A.V.E.!**

Holiday Lights

✧ From *Time* article:

✧ “Choose LEDs (light-emitting diodes) instead of incandescent bulbs to decorate your tree and home. They’re more expensive, but last much longer and use 80% to 90% less power than conventional mini bulbs. LEDs, which cast a bright white light, also stay cool to the touch so they won’t singe the tree—or your child’s fingers.”



Holiday Lights

- ✧ Most stores have already started carrying LED lights for your convenience. Many online stores carry them as well.
- ✧ To save energy with your holiday lights, be sure to set them on a **timer** so they are only on when there are people there to enjoy them!
- ✧ If you are making the transition, you can **recycle** your old incandescent light bulbs! The following websites will take your old bulbs and send you a coupon for LED lights in return, or donate money to a charity
 - ✧ [HolidayLEDs.com Christmas Light Recycling Program](#)
 - ✧ [Christmas Light Source Recycling Program](#)

Gift Giving

✧ Note: Simple web search brings up extensive lists of eco-friendly/recycled/green product websites.

Here are a few gift giving ideas for the eco-minded!

✧ **Donate to a charity or adopt an animal, tree, etc. in their name.** See: [Oxfam International](#), [Heifer International](#), [Nature Conservancy](#), [S.A.V.E.](#), [WWF](#), etc.

✧ **Shop fair-trade/organics** (this can include food, make-up, crafts, or coffee)

✧ **Make your own gifts!**

✧ Buy **wreaths** made out of dried chilies or herbs that can be used throughout the whole year. See: [McFadden Farm](#)

Gift Giving

- ✧ **Choose soy, vegetal wax, or beeswax candles** – all renewable and biodegradable materials – over paraffin wax candles, which are petroleum based
- ✧ **Buy recycled art** (or make your own!) [Uncommon Goods](#), [Eco-Artware.com](#)
- ✧ **Buy rechargeable batteries** for all toys and gadgets
- ✧ **Avoid gifts with excessive packaging** (or look for packaging that can be recycled)
- ✧ While shopping for gifts, be sure to have your **reusable bags!** Better yet, use reusable shopping bags to wrap your gifts!
- ✧ Buy **cards made from paper** (not plastic) and without a lot of added decorations, as these cards cannot be recycled. Or send **e-cards/newsletters** instead!

Gift Wrapping

- ✧ Use old paper bags or newspaper
- ✧ Find old shoelaces, ribbons, etc. for decoration
- ✧ Instead of bubble wrap or styrofoam peanuts, use your shredded paper or polyester fill from old pillows.
 - ✧ Most padded packages can be recycled with plastics
 - ✧ Save boxes throughout the year to ship your packages in
- ✧ Buy recycled gift wrap
 - ✧ [Fish Lips Paper Designs](#)



Gift Wrapping

- ✧ Wrap presents in posters, decorated grocery-store bags, or pages from glossy magazines. Or put a small present in a scarf and make the wrapping part of the gift.
- ✧ Save all bows and ribbons you have bought/made/received to use again every year.
- ✧ Save all your gift bags/boxes for next year.
- ✧ If you want ultimate efficiency, buy single-colored/plain boxes that can be used for any occasion throughout the year.
- ✧ Buy bags made from organic, sustainable, fair trade, or recycled materials. You could even sew your own bags!

Keeping Warm



According to the Energy Information Administration, the “average household expenditures for all space-heating fuels are projected to be \$1,137 this winter (October 1 to March 31), a 15-percent increase over the estimated \$986 spent last winter.”

How You Can Lower Your Heating Costs:

- ✧ Knitting/crocheting scarves and blankets – they make great gifts to keep your loved ones warm!
- ✧ From *Earth911.com* – Keep this fact in mind: For every one degree you turn down the thermostat in the winter, you’ll save up to five percent on your heating costs. Not to mention reducing the temperature by just two degrees can save 2,000 pounds of carbon dioxide emissions each year.

Keeping Warm

- ✧ Your infrastructure is a great place to start! **Weatherstrip** your house. The U.S. Department of Energy has an extensive section on weatherstripping, even breaking down different types and where you'll want to install them.
- ✧ If you use artificial logs in your **fireplace**, look for *Cleanflame's* natural firelogs, or *Duraflame's* biowax firelog. Other artificial logs can contain toxins or release CO₂.
- ✧ Be sure all your **light bulbs** are energy efficient compact fluorescent light bulbs (CFLs) which use only 20% of the energy incandescent bulbs use and last 10 times longer. Be sure to recycle CFLs at a local hardware store such as *Home Depot* or *Lowes* because they contain trace amounts of mercury.



Trees

- ✧ Choose a real tree over a synthetic tree since synthetic trees are often petroleum-based and cannot be recycled. However, a synthetic tree may be a better investment for those who plan to keep it for many years.
- ✧ Recycle your tree! Bring it to a chipper so it can be made into mulch.
- ✧ Some cities, such as Portland, OR, will “rent” out trees. They keep the roots wrapped up so the tree can be replanted afterwards. You can do the same and donate it to a landscape artist or a park in your area.
- ✧ Be sure to decorate with LED lights!
- ✧ Buy ornaments made from recycled parts.
- ✧ Have an ornament swap with your friends if you want
- ✧ to try something new on your tree this year!



Parties

Holidays are always full of warm get-togethers. Here are a few tips to keep your party warm without cutting it tight!

- ✧ Use reusable cutlery and plates rather than disposable – if you must use disposable, buy items made of recycled paper or are biodegradable, rather than styrofoam or plastic
- ✧ Use fabric tablecloths rather than disposable ones
- ✧ Make it BYOP, and have everybody bring their own plates, forks, and cups
- ✧ Make your invitations electronic or recyclable (see holiday card ideas!). Get creative with things around your house!

Additional Gift Ideas

✧ Green Gifts:

- ✧ S.A.V.E. membership

- ✧ Buy your loved ones credits to off-set their actions – great for the person that has everything!

 - ✧ For credits linked to travel, check out [Better World Travel](#).

 - ✧ Calculate their environmental footprint and donate money to plant trees at the [American Forests](#) website.

 - ✧ [Carbon Fund](#) buys carbon emission credits and retires them, decreasing the amount of carbon going into the atmosphere.

 - ✧ [TerraPass](#) guarantees it will reduce industrial carbon dioxide emissions equivalent to the use of your gift recipients car for an annual fee.

 - ✧ The [Bonneville Environmental Foundation](#) sells Green Tags, which support the production of renewable energy.

Our Sources

- Here are a few of the articles we used during our research if you would like to do your own research!



[Time: How to Have a Green Christmas](#)
[Newsweek: How to Have a Green Christmas](#)
[Earth911.com: How to Green Your Holidays](#)

*** Not sure where you can recycle any of your gifts? Go to Earth911.com and type in your product/city and it will do the work for you!***