



CARBON WORKOUT GUIDE 

LET'S CELEBRATE THE POSSIBLE

YOUR GUIDE TO A GREENER CHRISTMAS

TERRIFIC TRADITIONS... GORGEOUS GIFTS... FABULOUS FUN...AND ALL PACKED WITH THOUGHTFULNESS FOR THE PLANET AND THE PEOPLE YOU LOVE. ARE YOU READY TO BE INSPIRED? HERE ARE 25 OF OUR FAVOURITES.

Less waste, more magic...



1. GIVE TIME, THE MOST PRECIOUS PRESENT OF ALL

Mark up 12 dates (or more) on a 2024 calendar, when you and the recipient can do something special together. A night at the cinema, coffee to warm up a February day, a walk to see the first flowers of Spring, a bike ride or picnic in the park in April...

2. TRY A MAGIC VOUCHER!

How about a gym or cinema voucher, National Trust tea or spa day? Or design your own voucher which could offer **A stress-free night out** (you babysit for free), **Your garden sorted** (a free morning's weeding), **A week of dog walking**, or even a **Meal for two** (you cook and deliver)...



3. GO SECRET SANTA!

Just set your budget, put the names (of family or friends) in a hat and take one each and see what magic you can deliver... (there's loads of ideas right here!). Brilliant fun.

4. FEED YOUNG CONSERVATIONISTS' APPETITES FOR ACTION!

How about a wildlife jigsaw, a beautiful book about the rainforest or oceans, a bug box, globe, wooden hedgehog retreat or bird feeder kit.



5. SPONSOR AN ANIMAL.

This one will delight kids, and charities like WWF have great options (many that come with a soft toy and picture).

6. REGIFT!

When done with sensitivity and care, see it as a fine form of recycling and a way to pass on a treasure. No hiding in cupboards anymore!

Make a new tradition...

7. HELP CHILDREN SPREAD THE LOVE

Why not ask your kids if there's a toy they don't play with or don't need they could donate to a charity shop or homeless shelter. They could clean it up and add a tag to explain the fun they've had with it. Regifting can enrich their lives as much as the next recipient's.

8. SLOW SHOP

Mooch around our market towns (and the county's scores of antique, charity, and second-hand shops) for preloved items to share. Or check out Depop, Vinted or eBay from the comfort of home.



9. SHOP LOCAL

So much merchandise has travelled halfway across the globe, contributing to greenhouse gases. Herefordshire has a bounty of local shops for food and drink, and for locally produced products.

10. SHOP BATTERY FREE

Research suggests we use nearly 200 million batteries in the UK at Christmas (and millions go into landfill). There are loads of toys which come without batteries these days, but if the battery is essential always recycle.

Less waste!

11. GO VINTAGE WITH THE SEASONAL SWEATERS!

This is (let's be honest) a once-a-year wardrobe choice but buying new isn't the only option. If your kids' school are having a Christmas jumper day see if you can do some 'last year' swaps with friends or check out local charity shops. Or just go for something bright and add your own decorations to it!



Save energy!

RETHINK CHRISTMAS LIGHTS AND REMEMBER LESS IS MORE.

A small string of lights around a focal point (like a table centrepiece) can look stunning.

12. CHOOSE LED LIGHTS...

...which use up to 95 per cent less energy than some of the traditional bulbs (and last longer, too).

13. THINK SOLAR

There are some lovely outside solar-powered light options available for the greenest way to add some glitz to the garden.



Less waste!

MAKE BUYING AND DRESSING YOUR CHRISTMAS TREE A CELEBRATION IN ITSELF.

Take a walk round one of Herefordshire's traditional Christmas tree farms (flask of hot chocolate or coffee in tow)

14. RECYCLE THE TREE

Check out ways you can chip and mulch the tree (for reuse) after 12th night. Organisations like Hereford's [St Michael's Hospice](#) offer a bookable collection and recycling service. Or you could make the tree last by buying a potted version which will live happily in the same container for a couple of years (outside) and can be repotted or replanted for longer use.



15. RESIST CUT-PRICE METALLIC DECORATIONS

Start collecting lasting treasures (one or two new ones each year) or turn an afternoon into Christmas craft fun, making your own (colourful photos cut into shapes and stuck on card to celebrate the year past are lovely).

16. SEND CHRISTMAS LOVE

Choose to share greetings online or make sure posted cards are 100 per cent paper and so recyclable. Too many (think tons) end up in landfill because of their glitter, metallic finish, or plastic linings.

Love nature!

GET OUT INTO NATURE (AND BRING SOME HOME)...

...for maximum Christmas feel-good factor. As light fades, head home and decorate together before sitting down to your favourite Christmas movie.

17. WRAP A SIMPLE LED WHITE CANDLE WITH GREENERY

Choose boxwood, eucalyptus, or any other easy-to-find foliage, and secure with a festive ribbon. Stunning.

18. CREATE YOUR OWN MINI 'TREE'

Perfect if you don't want to buy or don't have the space for a full-size one. An armful of lush branches in a glass vase or container can look stunning (and add a Christmassy scent, too). Hang a few decorations or a small string of LED lights on the branches as a finishing touch.



19. MAKE A FIR CONE CENTREPIECE

Collect while you're out walking and load into a favourite bowl. Children might like to add some white poster paint snow touches to the tips. Gorgeous.

Make a new tradition...



20. MAKE YOUR OWN PARTY HATS

These are perfect Christmas dinner fun instead of buying crackers! Christmas Eve, put on some Christmas tunes and gather the family round a table with newspapers, magazines/ comics, scrap material or other props. Then challenge each person to make a hat for someone else, the more outlandish the better. And when the job's done, a favourite joke could be popped inside each one.

Less waste, more fun!

IT'S ESTIMATED THAT BRITS THROW AWAY THE EQUIVALENT OF OVER 100 MILLION ROLLS OF WRAPPING PAPER AFTER THE BIG DAY.

Let's make a change and wrap presents with a sustainable and special touch.



21. TRY COST-FREE OPTIONS

Recycled comics for kids' gifts, old maps or calendars for grown-ups can be chosen to tie in with a special month. Or children could decorate their own plain paper with special messages.

22. GET CREATIVE

Make the gift wrap with old fabric you have at home or why not make the gift the wrapping, for example a tea-towel around a recipe book you've picked up second hand.

AND REMEMBER TO...

23. REUSE GIFT WRAP

Start this year by taking a little (not-to-spoil-the-fun) care when unwrapping and then folding the paper and putting it away for future use. Store colourful ribbons in a box.



24. RESIST THE GLOSSY FOIL WRAP

Tricky to recycle (because of its metallic content) and often too crinkly to reuse, too. Tissue paper is so thin it doesn't recycle well either.

25. TAKE CARE WITH TAPE

Buy recyclable and use less for easier wrap recycling (or reusing by the recipient).