



FIVE SIMPLE WAYS TO GO GREENER THIS HOLIDAY SEASON

It's surprising to imagine that between Thanksgiving and New Year's, Americans throw away a million extra tons of garbage each week. With the holiday season around the corner, now is the perfect time to start thinking of some simple ways to enjoy a more environmentally friendly celebration.

1. GO GREENER WITH GIFT-BUYING:

- Consider giving the gift of 'experiences' over packaged goods, offering potted plants and gardening bulbs, sharing homemade goodies, or offering battery-free toys for kids.

2. GET CREATIVE WITH WRAPPING PAPER:

- Even better than recyclable paper would be wrapping presents with reusable items like scarves and fabrics; repurposing junk mail, maps, posters, and old calendars; or giving gifts in reusable shopping bags.

3. PREVENT FOOD WASTE:

- Share holiday leftovers with family, neighbors, and friends; store leftovers in the freezer; and explore fun and festive holiday leftover recipes.

4. TRY LED HOLIDAY LIGHTS:

- Since they use up to 95% less energy than traditional holiday bulbs, LED holiday lights are a great eco-friendly alternative that still brings the festive glow of the season.

5. REUSE AND RECYCLE:

- From recycling old electronics, to reusing paper and bows, and recycling the Christmas tree for composting, there are many ways to rethink recycling throughout the holidays.

As @zerowastechef Anne Marie Bonneau shares, ***"We don't need a handful of people doing zero waste perfectly. We need millions of people doing it imperfectly."***

Your Assistance Program provides a wide range of referrals to help reduce holiday stress and improve emotional well-being all season long. Learn more about your available benefits by contacting your Assistance Program today.