



Ways to Reduce & Recycle Waste at Christmas and Other Festive Occasions

Introduction

We all tend to over spend at Christmas, buying extra food just in case we have family and friends visit. Here are some suggestions that may help you reduce your waste at Christmas.

Festive Food

Hints for preparing Christmas food and menu planning

- Plan your meals ahead, prepare a menu, be organised.
- Serve smaller portion sizes, there is way too much delicious food served at Christmas.
- Write a shopping list, stick to the list, and shop just for these items.
- Clean and sort out your fridge & freezer before going out food shopping, dispose of any out of date items.
- Use reusable bags – keep them handy in your car
- Be creative, use your left overs, for recipe ideas check out websites searching for ways to use up left over foods like ham & turkey.

Helpful hints

- Don't waste food scraps – place them in a compost bin or worm farm, your scraps will be back feeding your garden and reducing water in no time.
- Use your yellow lid-recycling bin for all the bottles and cans. Most food and drink packaging including bottles, jars, cans, lids, cardboard boxes, and cartons can be recycled.
- Remember to give bottles, jars and tins a quick rinse before placing loosely in the yellow lid-recycling bin.
- Keep all items in your recycling bin loose and separate – not inside plastic bags.

- Avoid plastic plates, cups and straws these take hundreds of years to breakdown and contain toxins.
- Store your left overs in containers instead of plastic wrap or foil.

Gifts and other practical ideas

- Less is more; give a practical gift such as an experience like tickets to a concert or movie, a gift voucher or something that you have made yourself.
- Maybe a vintage or second-hand gift, a recycled gift.
- Shop for products that support environmental sustainability.
- Look for practical, quality items that will last a long time.
- Save energy – turn off the lights during the day.

Unwanted gifts

Sell or donate them to a charity rather than throwing them away.

What about after Christmas and other festive occasions?

What to do with all the cards, wrapping paper and packaging?

Christmas tree recycling

This year why not get a living Christmas tree or a potted Christmas tree that you can replant.

After Christmas, you can cut your tree into small pieces for your composting system. If you have an artificial tree make sure, you buy a good quality tree that will last you for many Christmases.

Christmas wrapping paper

Reuse the good quality wrap if you can, reuse the gift paper, gift tags, ribbon and bags.

Other wrapping paper and cardboard boxes can be placed in the yellow lid recycling bin or store to be reused at other time.

Christmas cards

Donate cards to a local childcare centre or schools to use for craft materials.

Next year send Christmas E Cards via email or a family photo card that can be kept as a keepsake.

For further information on recycling, follow this link to the A-Z Waste Guide

<http://www.rgang.org.au/r-gang/a-z-of-waste-how-to-dispose-of-common-household-waste.aspx>

