Hi everyone! We're back again with our second newsletter regarding the environment - this time it's the Christmas version! 🎄
Underneath are tips and information about having a sustainable Christmas and New Year.
Enjoy and Merry Christmas! 😆
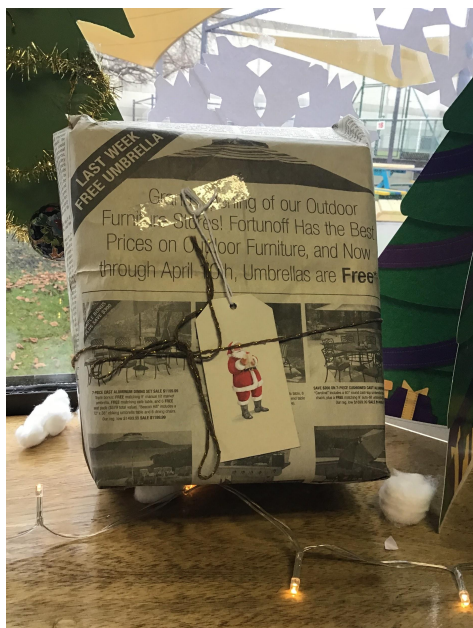
"**Climate change knows no borders.** It will not stop before the Pacific Islands and the whole of the international community here has to **shoulder a responsibility** to bring about sustainable development."

Sustainable Shopping!! 🌍

Especially around Christmas-time, when so much shopping is done, it's important to buy sustainably and help the environment where we can. Even if it's a small step, it's still contributing. A helpful thing for sustainability and the Irish economy is to **buy local**! Try to reduce buying from large companies like Amazon and Penney's, and instead buy from local Irish companies. There's a list below of Local Irish companies which you can buy from this Christmas.
Of course, make sure to buy presents which someone will use. It's more sustainable to buy someone a present which they'll use instead of it just lying around the house!

You could wrap your presents in **old newspaper** instead of wrapping paper, like I did! 👇

Local Irish Companies:

- https://chocolateyclare.com - Chocolatey Clare - their chocolate is handmade using organic and ethically sourced ingredients. The bars are sealed in compostable wrappers and packaged in boxes printed with vegetable-based ink using wind-powered printing machines. The chocolate is zero-waste, vegan, and gluten-free. 🍫🍫

- https://allthingsfionalily.com/ - All Things Fiona Lily - All products are made from end of line material - stock that would otherwise end up in landfill. As well as this their jumpers have positive quotes aimed to improve mental wellbeing. 👕👕

- https://jiminy.ie/ - Jiminy - Aimed more at small children/toddlers this Irish company creates toys and games. Jiminy's products are all plastic-free and locally-made from natural or recycled materials. 🚀🚗

- https://reuzi.ie/ - Reuzi - This company focuses more on sanitary and toiletries; all of their products are eco-friendly and don't contain palm oil. Their website also has a mountain of information on how to live sustainably. 👰💄

- https://sundriftstore.com/ - Sundrift - They try to make all of their bags out of recycled plastic water bottles and all their deliveries are in recyclable packaging. They offset their shipping carbon emissions by planting trees. All of their profits are recently being given to the elderly. 🎒👜

- https://lovin.ie/sustainability/10-sustainable-irish-businesses-to-support-this-earth-day - That is a link to the info about the shops above and more, but a simple Google search will provide you with a lot more!!!

New Year Resolutions 🎉

2022 is coming up so perhaps you could set a goal for yourself to be more sustainable this year!
Below are some suggestions from our Green committee and online about New Year's Resolutions that will help the environment. Send in pics to the emails below!!

- **Walk** more.
- **Cycle** instead of getting public transport/a lift.
- Use more sustainable products (maybe buy yourself a Christmas present from one of the businesses above ;))
- Buy a **reusable coffee cup** to use for takeaway drinks
- Eat **less meat** throughout the week.
- Think before you throw something out; Is it going in the **correct bin**??
- Bring **reusable shopping bags** to the shops instead of buying a non-reusable one.
- **Turn off lights** when you leave a room.
- Join climate events e.g. beach clean ups.
- **Minimise your waste**.
- Research how to reuse your food leftovers.
- Start carrying reusable utensils and/or straws and **refuse disposables**.
- Reduce the amount of unnecessary things you buy - **only buy what you need**.
- Start **composting**!
- Try to avoid buying things with **palm oi**l in them.
- Say NO to Fast Fashion.
- Use less water in **showers** and try to keep baths to a minimum.
- Buy less food, this links in with **reducing our food waste**.
- Use your ✨magic✨ as a powerful individual and sign petitions, attend climate events (safely of course) do whatever you can! We believe in you!

🎶"I'll have a greeeeen Christmas." 🎶

You're probably sick of the message by now, but try to be sustainable this Christmas!! As well as buying Christmas presents sustainably and having green New Years resolutions, below are some ideas on how to make your Christmas sustainable.

- Use **old newspapers as wrapping paper**.
- Gift experiences/vouchers instead of physical gifts. The person gets to try something new, and it's sustainable!
- Make a digital Christmas card or send a video to someone instead of using paper.
- Make your own crackers using toilet paper rolls (https://www.google.ie/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&ved=2ahUKEwiFz_7cs-b0AhX2QkEAHTAzBrcQFnoECAcQAw&url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DbbtHIhkaY_8&usg=AOvVaw2AVw_RJcWHiXf8dIz1iujQ)
- Choose a live tree instead of a fake one - if you have to buy a fake one keep it as long as you can - don't throw it in the bin after Christmas is finished.

- Give **battery free gifts** - batteries are an environmental hazard so try to reduce the amount of gifts you buy that use batteries.
- **Re-gift!** (But don't offend the original giver).
- Make your own Christmas Cards (if you can't do it online).
- **Reduce** packaging.
- **Reuse** wrapping paper when possible.
- **Recycle** when you can - no matter what it is.
- **Reuse the food leftovers after Christmas** - ideas below!

https://www.bbcgoodfood.com/recipes/collection/christmas-leftovers-recipes

https://www.jamieoliver.com/christmas/collection/leftovers/

Turkey Pie
https://www.bbcgoodfood.com/recipes/ham-turkey-pie

Spiced veggie rice with poached egg

https://www.jamieoliver.com/recipes/eggs-recipes/spiced-veggie-rice-with-poached-eggs/

White chocolate and cranberry cookies

https://www.jamieoliver.com/recipes/chocolate-recipes/white-chocolate-amp-cranberry-cookies/

Reusable mask day!

This Tuesday, December 21st we ask everyone to consider wearing a reusable face mask for the day. Why not get in the festive spirit and see if you can source a Christmas themed mask to coincide with Christmas jumper day! 🎅 3.4 million face mask are disposed of each day. Disposable face masks are made from multiple plastic fibres that will remain in the environment for decades, fragmenting into smaller micro plastics and nanoplastics. By choosing to wear a reusable face mask you truly could be making a difference!