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## Non-toxic gift-wrap ideas for the holidays

Plastics, films, foils, paper; they're all chalk-full of dyes, glitters (which are microplastics) and although these wrapping papers are pretty, they are pretty harmful for human health and the environment. The majority of wrapping paper contains harmful chemicals known as volatile organic compounds (VOCs) which can be released into the air around you while you are opening presents. Examples of VOCs include formaldehyde, benzene, and acetone. Chemical exposure from wrapping paper is made worse if little children or pets chew on it or if you place this type of paper in the fireplace after Christmas morning. Burning wrapping paper is actually one of the worst things you can do since the chemicals enter the air more quickly and the smoke is quite harmful. Furthermore, because of the plastic and dyes found in wrapping paper, burning wrapping paper releases toxic gases into the atmosphere, affecting air quality and the environment at large.

Thankfully there are numerous alternatives to the heavily chemically laced wrapping papers on the market today. Below is a small gallery of the different options that have been created over the years. Whether to be chemical-free or zero waste, there are many advantages to making the switch and there is an alternative to suit everyone!

The alternatives:

### 1. Burlap and twine



## 2. Beeswax wrap



## 3. Pillowcases



## 4. Kids artwork



## 5. Paper bags



## 6. Old clothes





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