



Association pour la santé environnementale du Québec  
Environmental Health Association of Québec

## ECO-JOURNAL

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### TIPS AND TRICKS FOR A GREENER CHRISTMAS!

This year again, be eco-responsible! Change your habits for less energy consumption and sustainable solutions and surprise your guests with unique packaging! **Want to try?**



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- **Use LED lights** to decorate your Christmas tree and outdoor decorations, they are less energy consuming! Avoid leaving your decorative lights on day and night.





- Christmas is also an opportunity to involve children in creating **homemade decorations**. Recover for example cardboard boxes (milk, juice, cereals for example) and cut out Christmas trees, stars and other shapes. All that's left to do is paint them with eco-friendly paint and hang them with a small hole and a piece of string on your tree. <https://brownthumbmama.com/homemade-christmas-decorations/> Salt dough is also a lot of fun for children and can be used to decorate your table! It can be made with or without baking <https://www.redtedart.com/salt-dough-ideas/>. Candles placed in small glass jars or in pre-painted tins will brighten up your table.
- **Offer services rather than products:** this is good for both adults and children! Here are a few suggestions: gift certificates for a helping hand (babysitting, renovation or shovelling), tickets to a show or movie, a digital subscription to a magazine, a voucher for a treatment at a beauty salon or for an outdoor getaway such as snowshoeing, skating or sliding.
- **Offer ecological gifts** such as fair-trade products, handmade or local gifts. To understand why to buy local, visit this website:
  - <https://sustainableconnections.org/why-buy-local/> (food, furniture, tools, pharmacy, etc.)
  - Research your area and buy local! <https://buylocalgoods.ca/index.html#header01-5f>
- **Surprise your guests with unique gift wrapping by getting** creative and using recycled materials to wrap your gifts. Look around and you'll find metal cookie tins, magazines, paper bags, or fabric scraps of any kind that can be sewn together to create a wrapping bag. Here are some original ideas to inspire you: <https://bedthreads.com/blogs/journal/eco-friendly-gift-wrapping-ideas-christmas>
- **For the Christmas meal, go local and use seasonal products!** Try cooking yourself and avoid processed products. If you have cooked too much, consider sharing with your guests or freezing leftovers.

# Make memories, not waste

## Hierarchy of gift giving



**HALIFAX**

[halifax.ca/recycle](http://halifax.ca/recycle)

**Have a wonderful and eco-friendly holiday season!**