

Americans throw away **25%** more trash



during the holidays



According to Worldwatch Institute:

33% more food

is thrown away during the holidays

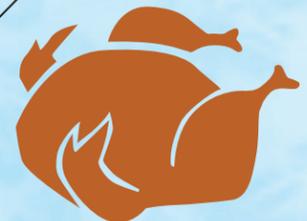
According to Use Less Stuff (ULS):

The extra waste amounts to

 **25 million tons of garbage**

or about one million extra tons per week

Much of the 28 billion pounds of edible food thrown away each year is wasted during the holiday season.



Food

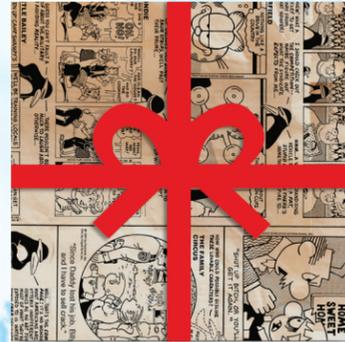
1. buy it with thought
2. serve just enough
3. use what is left
4. compost food scraps

don't waste it

Think **Recycle** and **Compost** during the holidays



Reduce waste generated during the holidays



Keep it simple



One thoughtful gift is better than six wrapped packages of unwanted gifts

Give an experience or an event to remember



Tickets to a concert or sporting event

Gift certificates to dinner, for a massage or day at the spa

Membership to a museum or zoo

Children can give coupons for their time

- extra chores
- cooking dinners
- watching a younger sibling
- giving plenty of hugs and kisses



Reduce paper waste

Send electronic holiday cards

Reuse packaging, cartons and shipping materials.

Use earth-friendly **gift wrapping alternatives**:

scarves, handkerchiefs and bandanas

old posters and maps

newspapers (comic section works great)



Don't wrap

Hide gifts and give the recipient clues or a map

Compost real trees

Check with your community solid waste department and find out if they collect and mulch trees



Think **Recycle** and **Compost** during the **holidays**

