

# A Greener Christmas ....

St James Eco Church would like to suggest a few ideas for you to make your Christmas more eco-friendly, without losing the true spirit and meaning of Christmas—celebrating God bringing Jesus into the World.

Enjoy your Christmas Meal or festive food using LOAF principals:

- L** local—grown or reared meats, local vegetables (a smaller eco-footprint)
- O** Organic
- A** Animal Friendly -why not try a vegetarian recipe
- F** Fair trade— make you Christmas treats with fair trade ingredients

Not just for food but think about drinks too—organic drinks, local beers etc.

Not just at Christmas but all year round remember to keep your waste to a minimum

- Take a shopping bag with you
- Take bags for loose veg or container for food from the counter (meat, fish , cheese)
- Shop refillable (such as Maya's Refillables in Wokingham, RISC South Street Reading.)

## Dining Ideas

Have a plan. ....Meal Planning

Plan for your Christmas Meal

Plan for your Christmas Parties

Plan for any leftovers. (Turkey curry, hash, etc.)

Buying exactly what you need - you will spend less and also have less waste.

### Crackers

Some times up to 100% of a cracker can be thrown away, so think about its impact on your eco Christmas.

Consider making your own—you can put what you like inside—therefore minimising the waste. Kits are available in several retailers or look for ideas on the web.



Do you use a plastic tablecloth? Do you use paper napkins?

Why not purchase a length of Christmas fabric and turn it into a table cloth, and you could make some matching napkins too! These can be washed and stored with your decorations and be used year after year. You could even make them a gifts for your family and friends.

**Food Waste**—in both Wokingham and Reading Borough Councils food waste is collected. Ensure that any food waste that cannot be eaten is put in your food waste container for appropriate disposal.

Reduce your meat and dairy consumption—as meat and dairy produce more greenhouse gases than plant-based foods.

Try one meat free meal during Christmas

Try one meet free option on your buffet or at your party.

Or go one step further and try a vegan choice.



### Traditional Vegetables in Season

Many of the Christmas vegetables carrots, brussel sprouts, potatoes, leeks, parsnips are in season—eating these veg is kinder to the planet than veg flown in from Kenya etc.



Remember little changes go a long way!