

## Sustainability at Christmas

As we approach the end of the year and look forward to Christmas, we have been thinking about ways to be more sustainable at Christmas with our decorations, gifts, wrapping, and food choices. We found this excellent article on the National Trust website with ideas for a greener Christmas:

### Use less, recycle more

- Make your own decorations
- Lessen the impact of lights
- Plan seasonal meals
- Minimise your food waste

### Shop greener

- Save paper and plastic
- Steer clear of glitter
- Buy local
- Buy British Christmas trees

### Give back to nature

- Care for wildlife
- Go on a winter walk

Read the full article: <https://www.nationaltrust.org.uk/discover/how-to-have-a-greener-christmas>

