



# Cut Back Christmas!

We all want a Christmas that is special but it is also a time when we in the UK produce and discard an additional 3 million tonnes of waste, that's 100 million bags of rubbish going to landfill. The equivalent of 2 million turkeys and 5 million Christmas puddings end up in the bin. Here are some cut back tips for a planet friendly (and pocket friendly) Christmas......ho ho ho!

- \* Do you really need to send all those cards?
- \* Agree a gift limit with friends and family
- \* Gift a sponsorship or make a charity donation
- \* Don't over cater! Plan your meals and use up leftovers
- \* Be creative and make gifts and decorations

\* Avoid glitter, shiny & cheap plastic stuff - they can't be recycled





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