

# Sustainable Holidays



545,000 tonnes of gift wrapping waste and 6 million rolls of tape



Average Canadian family throws out 25-45% more garbage over the holidays

## Decorating

- Incorporate the 3R's
- Use what you already have, buy second hand, or make it yourself
- Avoid glitter, tinsel and plastics
- Use LEDs
- Use a real tree, or reuse your artificial one  
\*just make sure to incorporate proper disposal



## Gifting

- More sustainable gift ideas: give memories, give time, up-cycle, buy second hand, make it yourself, buy ethically, and buy locally  
\*Check out Holiday Gift Guides from [Downtown Kingston](#) and [Tourism Kingston](#)
- Get creative with wrapping! Choose recyclable or reusable alternatives like fabric, brown paper, string, newspaper and reusable bags.

## Food

### Plan

- Take inventory of what you have
- Be realistic with portions, there are online calculators to assist like [Guest-Imator](#)

### Leftovers

- Get creative with leftovers, check out [Love Food Hate Waste Canada](#) for ideas
- Use your freezer
- Have guests take home some of the leftover food



Find the webinar recording on [Sustainable Kingston's Youtube channel!](#)