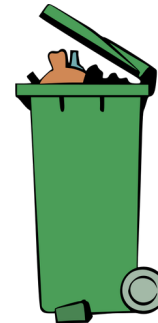




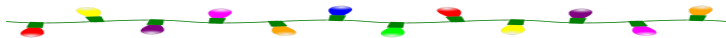
Scary Christmas Stats

- 30% of children's presents not used
- £50 million of presents go to landfill
- Billions of cards and wrapping paper binned
- 50 million plates of food wasted
- 125,000 tonnes of plastic packaging thrown away
- 8 million people fall behind with their finances



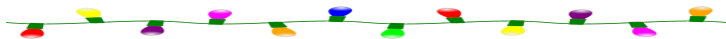
Christmas Gifts - Principles

- **Quality not quantity:** fewer, better-quality gifts reduce the chance of waste and saves money, avoid novelty gifts that won't be valued
- **Consider the materials:** keep sustainability and ethics in mind, look out for respected certification logos e.g. FSC, consider second hand or refurbished
- **Avoid packaging:** buy gifts with little or no packaging, shop locally, try refill shops, otherwise opt for plastic-free or recyclable materials
- **Support your local independent shops:** find some amazing seasonal specials, and support your local economy



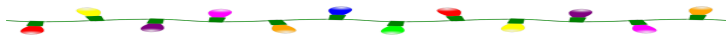
Christmas Gifts - Practical Ideas

- **Give your time / Skills:** the gift of time is meaningful and helpful
- **Make memories:** think of things you can do together
- **Homemade:** simple homemade items can be gifts
- **Donations:** give a charity donation in someone's name
- **Start a savings account for someone**
- **What is the “need”?:** find out what's important to them
- **Give a household item:** it's practical, it'll get used
- **Gift an experience:** less resource intensive
- **Family gifts:** buy a group present?
- **Secret Santa:** buy one wanted gift rather than several unneeded
- **Don't exchange gifts at all:** maybe it's an unneeded habit



Christmas Gifts - Practical Ideas

- **Gift wrapping:** cards and wrapping paper made from recycled or FSC-certified paper, avoid plastic ribbon and tape, foil-backed papers or glitter, tape-free wrapping online, consider not wrapping
- **Christmas cards:** call, write, make your own or buy recycled
- **Food:** eat more plant based food to lower environmental impact, plan ahead, avoid waste, eat seasonal, avoid single use like plastic
- **Christmas trees:** if it's artificial keep it for 10 years, consider one that can be planted, if it's cut make sure it's FSC and recycle
- **Decorations:** make sure crackers and decorations are recyclable and lights are energy efficient, make your own!
- **Cloths:** make sure they are sustainably sourced e.g. Fair Trade



Ethical Labels

Clothing and Fashion: Fairtrade, Organic, WFTO, Fair Wear

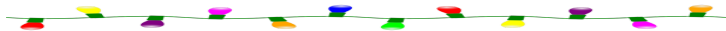
Cotton: Organic, Fairtrade, Better Cotton Initiative, Responsible Sourcing Network

Food & Drink: Organic, Free Range, Vegan, Palm Oil Free, MSC, EC Best Buy, Fairtrade, Rainforest Alliance, Organic, UTZ, Fair for Life

Furniture: FSC, PEFC, Leather Working Group

Health and Beauty: Organic, Leaping Bunny, FairTrade, BDIH, Natrue. EC Best Buy

Palm Oil: RSPO, Orangutan Alliance, Iceland's no palm oil, Palm Oil Free



Gifting Guide, Living Wage, Christmas Trees

 <p>Ethical Consumer Magazine - ethical gift guide</p>	 <p>Living Wage - organisations providing services & products that pay the Living Wage</p>	 <p>World of Books - second hand and preloved books from a B Corp business</p>
 <p>Ethical Christmas Tree Guide - grow them sustainably, rent them?</p>	 <p>My Green Pod - sustainable alternatives to an everyday products</p>	

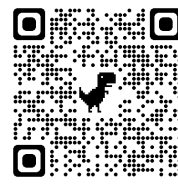


Giftng to Charity

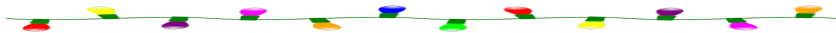
You can give a gift to a good cause as an alternative to a present and dedicate it to a family member or friend



UNICEF - help children around the world



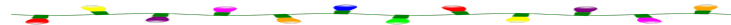
Oxfam - delivers life-saving supplies



Buying Gifts from Charities


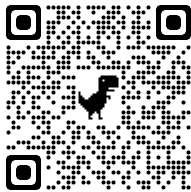

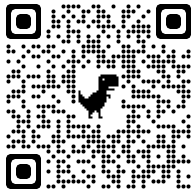
Buying a gift from a charity helps support a good cause

 RSPB - revenue used to support wildlife	 National Trust - supporting conservation	 Red Cross - supporting people in crisis
 Oxfam - delivers life-saving supplies	 Save The Children - keeping children safe, healthy and learning	 Woodland Trust - protecting UK woodlands



Giftng a Savings Account

Setting up savings accounts using ethical providers. These banks are rated highest by Ethical Consumer Magazine:

 Triodos Bank - promoting sustainability	 Nationwide Building Society - social purpose aiming to help communities
 Co-operative Bank - follows ethical investment policies	 Cumberland Building Society - aiming to support nature and people