



Have an eco-Xmas

Help protect the planet over the festive period.

What you need

- Lard
- Bird seed
- Nuts
- Raisins
- Cheese (grated)
- Bowl
- Brown paper or a scarf
- Toilet roll tubes
- Coloured tissue paper
- Paper
- Pencil
- Bad jokes
- Small wooden toys
- Pie dish
- Shortcrust pastry
- Winter berries, holly, pine cones and leaves
- String of LED lights

How does it work?

In 2021, the average UK person spent around £1,100 during the Christmas period. This includes money spent on food, cards, wrapping paper, and decorations – much of which are thrown away. Shopping locally and reusing decorations can help you reduce your consumption this holiday, and help you have an eco-Christmas.

WIN!

The Week Junior is on a mission to encourage families to enjoy a more sustainable

Christmas, so they have launched the Make It Christmas competition. To get involved, make something festive from old magazines or card, take a photo and upload it to theweekjunior.co.uk/makeitchristmas for a chance of winning prizes.



IT'S CRACKERS!

Every year, people in the UK pull around 154 million Christmas crackers. The plastic toys inside often get thrown away.

Give your Christmas an eco-makeover.



Make bird seed wreaths Mix together lard, bird seeds, nuts, raisins and grated cheese in a bowl. Mould the mix into doughnut shapes and leave to sit in the fridge until set. Tie some twine through the wreaths and hang them outside. Watch to see which birds arrive to enjoy them.



Rent a Christmas tree Around seven million Christmas trees are thrown away every year. These trees are important for winter wildlife and the planet. Instead of buying a real Christmas tree or using a fake one, your family could rent one. These trees come in special pots and are planted once you are finished.



Use eco-friendly wrapping paper Wrapping paper looks great on gifts, but a lot of the paper contains plastic, which is bad for the environment. Try wrapping presents in brown paper, jazzed up with winter leaves, berries and twigs. Or, use a scarf to wrap your present (the scarf can be an extra gift).



ALAMY, GETTY IMAGES, REX SHUTTERSTOCK

Make your own crackers Save toilet roll tubes from toilet rolls. Write jokes or draw pictures, and tuck them inside the tubes, along with a wooden toy. Wrap the tubes in coloured tissue paper. You can also buy cardboard cracker snaps to make them open with a bang. Decorate your dinner table with your crackers.



Cook a leftover Christmas pie A big dinner is one of the joys of Christmas Day, but there's always lots of leftovers. On Boxing Day, cover the bottom of a pie dish with some shortcrust pastry and fill it up with all your leftovers. Pop on a pastry lid, and brush with egg or oil. Put in the oven at 180°C for around 35 minutes.



Find natural table decorations Winter berries, sprigs of holly, leaves or pine cones found on a woodland walk will make your Christmas table look really festive. Weave in tinsel, baubles or a string of battery-powered LED lights, to make your decorations twinkle and shine.