

Go Green for the Holidays

Decorations

- Instead of buying expensive wrapping paper, use colorful newspaper and recycle it after opening!



- Use edibles to decorate. Ginger bread houses, bowls of nuts or fruits, colorful squash, pomegranates, and whole pineapples can create a festive mood and can be eaten later!
- Replace old holiday lights with LED lights. They use less power and will cost less money.
- Don't leave your lights on when you are not home or awake. It will save money and reduce the chance of fire.
- When buying new decorations, think durable, not disposable. This will reduce the amount of waste you throw away and limit the need to buy new decorations each year.
- Buy a living tree! Instead of cutting down a Christmas tree, buy a potted one. Once the holidays are over, plant it. The following year you can decorate the tree outside.

Shopping

- Buy in bulk because this way there is less packaging (usually not biodegradable) and what ever you bought will last longer.
- Use real products like cameras, plates, and silverware and what not. Avoid disposable.
- Shopping on the internet does not cut down on gasoline use/CO2 emissions because items are still transported over long distances.
- Purchase refurbished or reconditioned electronics. Know the lingo before you go.
- Some green clothing from JC Penny: Spring/Fall '08 threads:
 - Arizona's 100% recycled cotton junior jeans and [tees](#)
 - Shopping totes designed by enviro-designer, Danny Seo
 - Levi's Eco Laurell [Bermuda Shorts](#).
 - World Wildlife Fund's [recycled tees](#) and [screen tanks](#)



Gift Wrapping

- Use cereal boxes to hold presents.
- Use the back side of paper bags from the grocery store – you can decorate: draw on it and make it personal, cut a

sponge and use ink or paint to stamp it, make a collage from magazine cutouts

- Use new or old t-shirts as gift wrap. Scarves or hats are also great!
- Use newspaper, including comics and those in foreign languages
- Use wrapping paper from previous gifts.
- Wrap with fabrics, calendars, old maps, and extra wall paper.
- Use pine cones, leaves, twigs and holly to make a boring gift look amazing.

Cooking

- Cover pans while cooking to prevent heat loss.
- Make sure your pan covers the coil of your range. If you can see coil peeping out from the sides of your pan, you are losing energy and you need a bigger pan!
- Try one-pot cooking. Stews, soups, and other great peasant meals only take one burner to cook and they are so nourishing and satisfying! We have lots of great one-pot recipes in our Care2 Green Kitchen channels.
- Just before your food is cooked completely, turn off the oven or burner and allow the heat in the pot or pan to continue the cooking process for you.
- The less liquid and fat you use, the quicker the cooking time.
- Always make more food than you plan to use and freeze it for your own "fast food."
- Leftovers take less energy to reheat on top of the stove rather than in the oven.
- Most of us eat a lot of pasta. Make extra, toss with olive oil, and keep in the fridge so you don't have to heat an entire pot of water to the boiling point every time you want some.
- If you have one, use a pressure cooker. It really saves on energy.
- Try using a solar box cooker.
- Use locally grown foods. Make it your mission to use as much local food as possible.
- Get an old-fashioned gobbler.
- For Thanksgiving, consider ordering a heritage-breed turkey, one of the hardy, genetically diverse species bred before factory farms became the norm in the 1960s. When cooking a turkey raised free-range, as many heritage breeds are, try braising the legs (which are muscular and a little tough as a result of the bird's active life) to make them more tender and roasting the breast in the oven. For more information on heritage breeds, visit heritageturkeyfoundation.org.
- Let nothing go to waste. After the main event, try using turkey bones for a stock or soup, mashed potatoes for pancakes or shepherd's pie, and vegetables for a frittata (pictured above).

