



## Wishing You a Greener Holiday, Foodcyclers!

As we gear up for holiday celebrations, we wanted to share some tips and ideas for cutting back on waste this season.

All that's left from the holidays - food, shopping bags, product packaging, wrapping paper and old electronics - adds up to an additional 1 million tons of waste sent to U.S. landfills each week, according to the EPA.

The good news is that there are a lot of small steps you can take for a greener holiday!

## Spotlight on Holiday Trees

### Artificial Trees



#### **Fun Fact:**

They were invented by a toilet bowl brush manufacturer, the Addis Brush Company in the 1930s

#### **Not So Fun Fact:**

They're made of metal and polyvinyl chloride (PVC) and are non-recyclable and non-biodegradable, so they'll sit in a landfill for centuries after disposal.

### Fresh Cut Trees



## Cutting Back on Food Waste:

Plan your holiday meals in advance to reduce food waste. Industry research shows that about 55 percent of purchases we make in the grocery store are unplanned. You don't have to put a great deal of time and effort into planning:

- Have a few meals in mind for what you're going to cook
- When you get to the checkout, look in your cart and make sure you're going to eat everything. It's so easy to impulse buy!

After dinner, make it easy for your guests to compost and recycle. One of our dedicated Foodcyclers shared their strategy:

***"We place the opened, cleaned (kitchen compost) container in the sink and guest willingly scrape their plate into the container."***

Some other ideas:

- Use plates, glasses and cutlery that can be washed and re-used.
- After holiday festivities, save leftovers in reusable containers, and share them with your family and friends.
- As always, remember that any food scraps, food-soiled paper and expired leftovers go into your curbside compost cart.

### Fun Fact:

In the early 1900s, President Theodore Roosevelt banned a Christmas tree from the White House because it went against his conservation efforts. At the time, most people harvested their trees from nearby forests. Today, about 98 percent of trees in the U.S. are grown on farms and harvested for sale during the holiday season and Washington state is one of the top tree producers in the country.

### Not So Fun Fact:

They are farmed as agricultural products, meaning repeated applications of pesticides, herbicides and fertilizers may be used throughout their lifetime.

### Good News:

About 93 percent of trees sold in the U.S. are recycled or composted! Waste Management will pick up your Christmas tree during a special collection the first two weeks of January. They must be unflocked, undecorated, natural, and cut into sections under 4 feet.

### Live Trees



### Fun Fact:

With live trees you can have a tree to enjoy year-round! There is even a special program through the [Adopt-a-Stream Foundation](#) in Everett where

### Last Minute Gift Ideas:

Help cut back on extra packaging and waste with thoughtful, homemade gifts, or by giving experiences:

- Baked goods packaged in old jars or other reusable containers. Try these famous [Compost Cookies!](#)
- Experiences that don't require any packaging: An [annual pass to state parks](#), concert and movie tickets, museum memberships or a certificate for a massage
- A dress-up box for kids with items you don't use anymore - jewelry, scarves, hats, aprons, and ties, wallets and purses are fun for kids!



### Wrapping Paper Tips:

If every American family wrapped just 3 presents in re-used materials, it would save enough paper to cover 45,000 football fields!

- Those gift bags you saved from last year, reuse them again and again.
- Get creative! Use parts of the gift to wrap a gift - use a dishtowel to wrap up a fun kitchen gadget or use a jump rope as the ribbon!
- Make your giftwrap 100% compostable with paper grocery bags and compostable [butchers string/twine!](#)



Aren't brown paper packages tied up with string one of your favorite things?



- Tear pages from a colorful magazine or use your children's artwork to wrap gifts. This type of paper can be recycled after the celebrations.
- If you do use wrapping paper, look for the kind that is made from recycled paper. Remember to separate out any ribbons and plastic packaging before you recycle it! Also, any wrapping paper that looks like foil or glitter is not recyclable.



**Have a wonderful holiday season!**

you can rent a live tree for \$30-\$50 and bring it back after the holidays for planting, if you don't have somewhere to plant it.

**Not So Fun Fact:**

Well, we can't think of one!

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