

Celebrate the holidays in a sustainable way!

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The holidays are a time of joy and gratitude. But they can also be a time of excess, waste, and environmental impact. Did you know that Zero Waste Canada estimates that 545,000 tonnes of waste are generated annually from gift-wrapping and shopping bags?

Here are some tips for reducing your environmental footprint and making your celebrations unique.



Gifts

One of the main aspects of the holidays is gift-giving. But do you need to buy a present for everyone you care about or feel obligated to? Instead of buying new things, give your time or experience. You can spend quality time with your loved ones, share a hobby, or learn something new together.

For example, gift second-hand gear or a gift certificate from [Seneca's Evolution Spa](#).

Another way to make your gifts more sustainable is to use fabrics, gift bags, or recyclable materials to wrap them. Add natural elements like pine cones, leaves, or flowers to make them more festive. This way, you can reduce waste and add a personal touch to your gifts.

Also, Seneca Polytechnic offers a great selection of [e-cards](#) to go green this holiday while supporting Seneca's students.

If you receive a gift you know you will not use, you can [donate it](#) to give it a new life and support

Seneca's fundraising efforts.



Decorations

Another essential part of the holidays is decorating your home. You can make your decorations more eco-friendly by choosing energy-efficient LED lights and making your ornaments from natural and recycled materials. You can use oranges or origami to create beautiful and unique decorations.

Food

The holiday feast is one of the most anticipated and delicious parts of the celebration. But it can also have a significant impact on the environment. You can use locally sourced and seasonal ingredients to make your food more sustainable. You can also include plant-based dishes. This way, you can support your local farmers, reduce greenhouse gas emissions, and enjoy a variety of flavours.

Shopping

The last tip for a sustainable holiday is to shop locally and responsibly. You can support local businesses, such as our Seneca Honey. You can also bring your reusable shopping bags and choose products with minimal packaging. This way, you can reduce plastic waste and support the local economy.

By following these simple tips, you can make a difference for the environment and create lasting memories with your loved ones. Wishing you a joyful and sustainable holiday season!

To purchase Seneca Honey, please email don.forster@senecacollege.ca

Please add in the comments how you are making your holidays more sustainable!

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