



Ours to Protect on Sunshine 106.8 – October 30th 2023

On this week's show we talked about Halloween with Greg O'Dwyer from Dublin Fire Brigade – we've some tips for a sustainable Halloween:

Halloween is one of the most fun holidays of the year! But all those tricks and treats can add up to a hefty impact on our planet. In fact, the spookiest thing about Halloween might just be the amount of waste that is produced as a result. So don't be a monster (unless that's your costume) and make your Halloween a little more green this year!

Sustainable Halloween Costumes

1. **DIY Costume** - Making your own Halloween costume is a great way to reduce waste. Chances are, there is SOMETHING in your closet right now that you can use to transform into a creature of the night. Not feeling creative? Go with the classic sheet ghost or simple witch look. You probably have the makings of several potential costumes in your closet. And when in doubt, there are always DIY ideas online.
2. **Swap Costumes With a Friend** - Is your old halloween costume *so last year*? Then it's time to gather up a few friends for a Halloween Costume Swap! Mix up some spooky cocktails, crank up the chilling music, and have fun trying on each other's costumes from years past. Even if you don't find the perfect fit, you'll surely have a laugh!
3. **Purchase a Sustainably Produced Costume** - If you have your heart set on a specific costume, you can still make a greener choice. Either purchase from a sustainable fashion brand, or carefully look into the materials used to make sure that they can be recycled. This means avoiding petroleum-based plastics, polyester, and other non-recyclable materials.

Make Eco-Friendly Halloween Decorations

4. **Upcycle Your Décor** - Before you go all out on the Halloween decor, think about what you can repurpose to create a sustainable alternative. There are several ways you can accomplish this, including upcycling and painting used cardboard for wall decorations, or cutting spiders and ghosts out of old magazines or newspapers. Refer to Pinterest for plenty of spooky upcycled ideas!
5. **Buy Locally Grown Pumpkins** - Support local businesses and farmers by shopping local for your pumpkins! The pumpkins that you find at a big chain store are likely shipped from far away. Find a local farm and make a day out of choosing the perfect jack o'lantern. You can also reduce food waste by preparing recipes using the insides, such as pumpkin pie or roasted pumpkin seeds!

6. Purchase Sustainably Crafted Decorations - Prefer to leave the Halloween crafts to those that actually *enjoy* crafting? That's totally fine, too! Today, there are plenty of makers that specialize in sustainable halloween decorations. Don't believe us? Head over to etsy, type in sustainable halloween, and prepare to be flooded with inventive options! Better yet, you may be able to pick something up locally!

Sustainable Halloween Treats!

7. Eco-Friendly Treats - When shopping for Halloween sweets, try to get fair-trade, organic options. Not in your budget? That's alright! Just try to reduce waste by purchasing candy with minimal or recyclable packaging — or forgo sweets altogether and give the kids something else. They may give you a funny look at first, but they'll probably get plenty elsewhere!

8. Make Your Own - If you're hosting a Halloween party, forget about filling bowls with packaged candies, and instead bake up some simple, fun halloween treats. Laid out on platters, your spider balls, ghost cookies, and witch hats will make up a boo-tiful display! If you have kids at home, get them involved in the great spooky bake-off — and be sure to snap photos of the sweet memories you'll make together.

9. Reusable Trick-or-Treat Bags - Save your money and re-purpose a tote bag or bucket for trick or treating. Many of the plastic Halloween buckets you purchase in a store only get used one time — now that's scary! Who says using an old pillow case or any ol' bag isn't cool? It's what's inside that counts. Give it new life with some spooky decorations to complete your look

Remember, **Ours to Protect** is broadcast every Monday evening at 7pm on **Sunshine 106.8**.

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