



## **Ours to Protect on Sunshine 106.8 – December 11<sup>th</sup> 2023**

We continue our festive series with Tara Hammond co-founder of Dublin homeware brand 'SLATED' who tells us why their focus is on producing traditional, artisan gifts that are sustainable and eco-friendly with packaging that will soon be 100% plastic free.

### **Some tips on how to be more sustainable this Christmas:**

- 1. Quality not quantity:** Around half of UK adults say they have received gifts they don't want at Christmas<sup>1</sup>. When buying gifts think less but better, putting the time into picking a quality item that will last a long time.
- 2. Gift an experience:** Gifting an experience for your loved ones will reduce demand for physical resources. Bring people together by gifting your time or a pre-bought experience.
- 3. Think about materials:** Look at the materials gifts are made from and keep sustainability in mind. Ensure wood and paper gifts are made from recycled or certified materials.
- 4. Remove packaging:** Reduce waste even further by buying gifts with little or no packaging. Sometimes shopping local can help with this, especially if you have a local refill shop.
- 5. Cut your food waste:** Food production is the biggest cause of tropical deforestation. Try to cut any waste by planning ahead - be realistic about how much food you need and use up leftovers. Instead of clingfilm, use Tupperware, foil and wax cloth covers to keep leftovers nice and fresh!
- 6. Eat seasonally:** Make your shopping basket more sustainable by buying seasonal products, locally produced where possible.
- 7. Think about your lights:** Use LED lights on your Christmas tree, they use less energy, last longer and look just as good!

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

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