



Ours to Protect on Sunshine 106.8 – December 18th 2023

Christmas is just a week away and chances are the gift shopping has yet to be completed. This week sustainability journalist Jo Linehan shared her advice for eco-friendly and sustainable Christmas gifts.

More tips on how to be more sustainable this Christmas:

1. When it comes to food shopping make sure to check the fridge, freezer and cupboards in advance so you don't end up buying what you might already have. That might sound obvious but something we're all likely to have done.
2. Make a list and stick to it, only buying what is absolutely needed.
3. Consider sharing food not used but still safe to eat with neighbours. Compost anything that remains.
4. Remember leftover vegetable skins can be used to make a delicious stock.
2. Don't forget reusable bags especially when it comes to gift shopping
3. Say no to Christmas crackers. Think about what goes into making these: the foil, cardboard, coloured paper hats, plastic toys etc.
4. Do Secret Santa and stipulate that the gift must be sustainable.
5. Make shopping local and sustainable a priority.
6. Consider an experiential gift. The most impactful presents are often the gift of time e.g. offer to walk someone's dog, clean their car, cook their favourite meal etc.
7. Try to limit plastic or foil wrapping as much as possible. Hang a handmade ornament around a bottle of wine for instance as opposed to using a foil bag.
8. Use gift bags and stipulate that the bag is to be reused over and over
9. Master the elegant Japanese art of Furoshiki for wrapping using a silk scarf or any reusable cloth.
10. Go battery free as much as possible and encourage children to donate unwanted toys.

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

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