



# The Festive Do-Better Guide

Did you know that 40% of our climate impact comes from our consumption emissions and that we create even more waste during the festive season?

Let's rethink how we choose, consume, and recycle.

**Happy holidays!**



# Better Food Good Food

**Data tells us that the food we waste yearly could feed nearly two billion people.** Let's find new ways to reduce food waste and ensure that whatever is left over is used sustainably to fight hunger globally.

01

Menu planning is a powerful tool. **By working out your meals and the number of guests you're entertaining, you can shop accordingly.** And stick to your list, minimising overbuying and waste.

02

**Get creative with any leftovers.** Use extra meat, sauces, and veggies and rustle up lasagne, pies, or quiches for the freezer (you'll also be banking some precious me/we time!). Save collagen-rich chicken carcasses and meat bones, simmer them low-and-slow for a few hours with carrots, onions, and celery, then strain and freeze the stock.

03

Nose-to-tail isn't new; our grannies knew how to incorporate as much as they could from cuts into meal recipes and meal planning, and even feeding the family pet – **turning offcuts into pet food is a brilliant way to minimise food waste,** and adding that collagen-rich stock you've cooked up with all those bones and veggie trimmings will earn you wags for days!

04

**Don't chuck away citrus fruit peels.** Slice and add to a jug of drinking water with a sprig of mint, and you've got a delicious, detoxifying drink for the day. You can also grate them finely (just not the pith), and batch freeze them in ice trays the next time you need zest for baking or cooking. Another savvy use for them is in the fermenting process for pickling or kombucha – happy gut, happy you.

05

The COCT runs a home composting programme, providing free home composting containers that will love your veggie scraps, leftover wilted salads, egg shells, etc. No garden? **Find out if your local community garden or nursery accepts organic waste.**

06

**Don't discard glass bottles and jars.** Instead, remove the labels from the pretty ones and use them as vases for seasonal blooms.

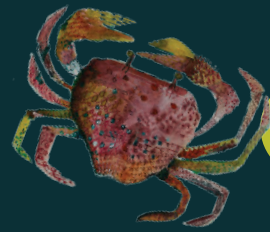
07

We can easily access some of the world's best fresh and sustainably caught fish. **Double-check the SASSI list when shopping or ordering fish in an eatery.**



# Better Gifts Good Gifts

**Finding an eco-friendly, sustainably-made gift is effortless these days.** The Watershed is a platform for local artists and artisans and a veritable hunting ground for sustainable, planet-friendly treasures for someone special.



01

Ocean-friendly sunblock brands are the new kid on the block because they don't harm coral reefs or ocean creatures. It's summer, and we all need sunscreen; gorgeous local sunblock brands like Red Dane and Simply Bee (available at the Watershed Beauty Box) make excellent spoils that are good for you and the ocean.

02

LED lights contain no toxic materials, are 100 percent recyclable, and reduce your carbon footprint by up to a third. Whether strings of fairy lights, outdoor lamps, or stylish indoor lamps, there are many green ways to light up someone's life – rechargeable and solar-powered, too!

03

Think twice about gift wrapping and packaging. Glittery, shiny, or flocked gift paper isn't recyclable; craft paper and string are beautiful, and you can add flowers or bark as additional decoration if you want to. And don't waste money on gift boxes or bags — save those online shopping boxes or reuse the gift bags you receive.

04

Christmas crackers are good fun, but many contain foil, glitter, or plastic, so they can't be recycled. Try to buy eco-friendly ones, but if that's not an option, save the glitter and plastic and use them for craft projects, or donate them to a kindergarten.





# Better Fashion

## Good Fashion

**Binning clothes instead of recycling has a massive impact on the planet.** They end up in landfills and emit carbon as they decompose. Discarding instead of recycling textiles also means valuable materials go to waste, further depleting finite resources and perpetuating the cycle of environmental degradation.

01

Regular wardrobe culls are key. **If you know what you need, you'll shop accordingly.** Donate whatever you don't want to those in need or a charity – millions of South Africans need clothes and shoes. H&M and Zara have used clothing recycling programs; drop off unwanted garments in-store, and they'll donate or recycle them.

02

It's party season, so who doesn't want box-fresh? But before you rush out to buy something you might only wear once, **look at your wardrobe and see what could be altered or accessorised for a fresh new look.** Visit your local tailor. Tidy Tucks Tailors at Vic Wharf is our fave – a cinched waist really does change an outfit!

03

**You can never have too many socks (except at Christmas!).** Pack them away unopened for winter, donate older ones still in good nick to a shelter, or sew your old ones together and make a jersey for Jambo (or stuffing for his new toy).

04

**Save old earrings and parts of necklaces and use them to decorate recycled gift boxes or even table napkin holders, serving trays, etc.**



**When we act from our better  
nature, nature gets better.**

