

## Help the planet while celebrating the holidays

Looking for sustainable ways to elevate your holiday decor?

Here are some tips to keep the "green" front and center as you decorate, bake, exchange gifts, and celebrate this magical season!

- 1. Gift wrapping. Challenge yourself to be environmentally resourceful and use dual-purpose items that could also be gift wrap. Do you have reusable tote bags from the grocery store that could hold gifts (and become a "second" gift)? Do you have material remnants? Burlap? If you don't have anything on hand, consider purchasing something reusable as gift wrap--dish towels, a t-shirt, a bandana, or a sweatshirt--anything that has lasting value.
- 2. Decorations. Are there natural holiday decorations around your yard--Have pinecones fallen from a tree? They make incredible in-home decorations. A couple of drops of cinnamon oil can bring the outside in and make a beautiful centerpiece. Have any small pine branches or other branches fallen to the ground? Tie a festive ribbon around the center of such pieces, creating a rustic table or wall decoration. Look to the natural world for holiday inspiration.
- 3. Baking and entertaining. Everyone likes to mingle and celebrate the holidays. But how can your dinners and parties be sustainable? Start by shopping locally! If you live in warmer climates, farmers' markets will remain year-round. If farmers' markets aren't an option, search for local small businesses-corner grocery stores or small-town butcher shops. The food will be fresh, the local economy will thank you, and your food likely will be free from many common preservatives.
- 4. Gift-giving. Give gifts from companies that intentionally care for people, the planet, and communities. Support small businesses, especially those whose mission focuses on inclusion, sustainability, and community. Shop local whenever possible.

May your holidays be merry, bright...and sustainable.

Grammare.