

**Americans  
throw away**

**25%** **more  
trash**



**during the holidays**



According to Worldwatch Institute:

**33%** **more  
food**

**is thrown away  
during the  
holidays**

According to Use Less Stuff (ULS):

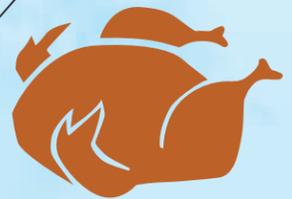
The **extra waste** amounts to



**25 million  
tons of  
garbage**

or about **one million extra  
tons per week**

Much of the 28 billion pounds of edible food thrown away each year is wasted during the holiday season.



**Food**

1. buy it with thought
2. serve just enough
3. use what is left
4. compost food scraps

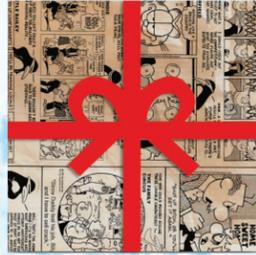
**don't waste it**

Think

**Recycle and  
Compost**  
during the  
**holidays**



# Reduce waste generated during the **holidays**



## Keep it simple



One thoughtful gift is better than six wrapped packages of unwanted gifts

## Reduce paper waste

Send electronic holiday cards

**Reuse** packaging, cartons and shipping materials.

Use earth-friendly **gift wrapping alternatives:**

scarves, handkerchiefs and bandanas

old posters and maps

newspapers (comic section works great)

## Give an experience or an event to remember



**Tickets** to a concert or sporting event

**Gift certificates** to dinner, for a massage or day at the spa

**Membership** to a museum or zoo



Don't wrap

**Hide gifts** and give the recipient clues or a map

Children can give coupons for their time

extra chores

cooking dinners

watching a younger sibling

giving plenty of hugs and kisses



## Compost real trees

Check with your community solid waste department and find out if they collect and mulch trees



Think **Recycle** and **Compost** during the **holidays**

