



Caring for Creation – 10 Christmas Eco Actions

Each Christmas over 50,000 trees are used for wrapping paper and we waste around 250,000 tonnes of food. This Christmas, instead of cutting down and consuming, let it be a time to plant, grow and care. Trusting God to fill our hearts, however broken, with his joy that we might worship together our Creator God.

1. Plan – Plan your Christmas early so that it fits with your beliefs and values and isn't just about stuff and stress. Think and pray about how you want your Christmas to be and what it should be about. Preparing early will allow you to enjoy advent and immerse yourself in the waiting. For advent calendars, choose charity, Fairtrade or reusable

- [Reusable advent calendars on Etsy.com](#)
- [Sleepers Wake - Nicholas Holtam - SPCK Publishing](#)

2. Energy – Christmas can use a lot of energy. Make sure your supplier is 100% renewables. Save money and energy by wearing cosier clothes and turning the heating down. Switch off lights, including fairy lights, when its daylight or you're out the room.

- [Ecotricity](#)
- [OVO Energy](#)

3. Trees – If you already have a plastic / fake tree then keep using it. The most eco tree is one you already own. If you buy real trees then support Bethany Christian Trust through their caring Christmas trees or decorate a living tree in your garden or indoors in a pot.

- [Bethany's Caring Christmas trees](#)

4. Decorations - Reduce, reuse and avoid buying new decorations if you can. Look for great second items in charity shops, buy sustainable decorations or why not make your own? Paper chains made from Christmas magazines or recycled paper is an easy-to-do idea.

- [Traidcraft Christmas decorations](#)
- [Christmas craft ideas](#)

5. Cards – If you're happy to, perhaps don't send any cards this year and make a donation to charity instead. Or choose e-cards or physical cards that don't contain glitter or metallic finish. This makes them unrecyclable. Remember to recycle or upcycle your cards in January.

- [Upcycling Christmas cards](#)

6. Gifts - Talk to friends and family about reducing the number of gifts you give or suggest you swap lists to avoid unwanted presents. Think about second hand gifts from eBay or charity shops (especially for young children), or for something new choose ethical, sustainable (not plastic), an experience to build memories or a charity gift.

- [John Muir wild gifts](#)

7. Wrapping - Try reusable wrap for close family and/or choose 100% recycled wrapping paper. Always avoid foil/ glitter finish paper as this can't be recycled. Save what wrapping paper you can for next year from gifts you receive.

- [Gift wrapping ideas](#)

8. Food – Buy local and buy organic whenever possible. Choosing to buy less meat can keep costs down and choosing to eat more plant based/vegan meals is much better for the environment. Plan well to avoid food waste and make good use of any leftovers.

- [Simply Organix](#)
- [East Coast Organics](#)
- [10 best vegan Christmas recipes](#)

9. Love – Love is the greatest gift you can give at Christmas and it is free! Let's commit to loving in practical ways, and through holding in prayer, our brothers and sisters at home and around the world. Consider as part of your giving, supporting a charity that is working to tackle climate injustice.

- [Tearfund](#)
- [A Rocha](#)

10. Teach and learn – Let's commit to teaching the children we know how to be generous and 'green' givers rather than greedy consumers. Switch a letter to Santa for a list of families or charities to pass on unused clothes and toys to. Also spend some time learning about creation and how we should care for it. There are some great books, podcasts and films out there to grow what you know.

- [A Sustainable Life blog](#)
- [Saying yes to life book](#)
- [Planet Protectors children's book](#)

