



12 DAYS OF NUH DUTTY UP CHRISTMAS

Tips for a cleaner Christmas Season in Jamaica

- 1 Avoid serving food in single-use containers at Christmas parties. Switch to reusable plates, cups, and cutlery.
- 2 Give the gift of a garbage bin to your community. Properly dispose of your garbage by putting it in a bag and placing the bag in the bin.
- 3 Christmas Trees generate a lot of garbage after the season is over and do not compost easily. Consider decorating another type of potted plant or plant in your garden as a Christmas Tree instead. If you must have a traditional tree get an artificial one you can use year after year – non-PVC type plastic trees are the less toxic option.
- 4 Take reusable bags when you go Christmas shopping.
- 5 Reuse wrapping paper or use recycled paper for gifts. Better yet, skip wrapping paper and use gift bags instead – these can be reused over and over again!
- 6 Eat at home before you head out to go shopping. This will help reduce the waste you create while eating on the go.
- 7 Making lots of pastry and cakes for Christmas? Use your eggshells, coconut trash and potato peels to start a compost heap!
- 8 Don't use snail mail - Send e-cards for Christmas greetings instead!
- 9 Get creative - make your own Christmas decorations using things found in nature or reuse materials which may otherwise be heading for the garbage bin.

10 Give thoughtful, personal and unique gifts which don't generate much waste, for example:

- Something you cooked or baked
- Plants
- A donation to a local charity
- Local, hand-made products
- Products sold in reusable containers (visit nuhduttyupjamaica.org for more ideas)

11 Prepare home-made drinks like Sorrel, Eggnog and Chocolate Tea to reduce waste produced from pre-packaged beverages in bottles and cans.

12 Recycle & Reuse! Households create a lot of additional waste during the holiday season. Reuse packaging and recycle plastic containers! (visit nuhduttyupjamaica.org for a list of recycling depots)