SUSTAINABLE LIVING COMMITTEE

Thanksgiving Dinner Preparation

- Consider a heritage breed turkey from a nearby farm or a free range turkey.
- Buy seasonal produce – root vegetables, squashes (including pumpkin), broccoli, cranberries.
- Buy your produce at a local farmer’s market.
- Don’t waste food by cooking too much.
- Bake your pies and dishes in reusable pans, not disposable aluminum.
- Use reusable containers to store leftovers, rather than plastic wrap.
- Choose a natural centerpiece.
- Skip disposable dinnerware – bring out the fine china, utensils and cloth napkins.
- Avoid individual-serving beverages.
- Serve local water rather than bottled – use tap water with a water filter instead.
- Eat organic – less pollution, safer for humans, protects farm workers.
- Compost food scraps.
- Run only full dishwasher loads during cleanup.
- Consider giving up a meat entree – livestock is responsible for 1/5\(^{th}\) of all greenhouse gas emissions.
- Choose a local wine.
- Have a designated recycle bin for guests.
- Buy food in bulk to avoid extra packaging.
- Combine trips when shopping. Find a store that sells the majority of items you want.

Traveling

- Carpool.
- Choose rail over air whenever possible.
- Take Metro Bus and Metro Rail where available.
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Wrapping Gifts
- Wrap gifts in recycled paper or newspaper – not all gift wrap is recyclable.
- Use tape and ribbons sparingly or not at all – they do not recycle well.
- Make gift labels out of leftover holiday cards.
- Use reusable fabric for gift wrapping instead – be creative.

Holiday Tree Decisions and Decorations
- Choose a live tree instead of an artificial one. If you get a potted tree, plant it later; if you get a cut tree, have it mulched afterward.
- Replace burned-out bulbs rather than throwing out the string of lights – invest in a bulb tester to make this easier.
- Choose durable and meaningful ornaments that last longer than the plastic or glass ones.
- Create decorations from natural materials.
- Stuff stockings with healthy edible gifts such as nuts, fruit and baked goods.
- Use holiday lights in moderation – don’t over-decorate.
- Turn off the lights at the end of the night – set a timer if necessary.

Greeting Cards
- Use e-cards instead of paper cards.
- Use postcards rather than holiday cards.
- Look for greeting cards made of recycled paper.

Recycling Tips
- Cookie tins can be recycled.
- Hard-to-open rigid plastic packaging can be recycled.
- Check with your town/city to see if they will recycle gift paper, as many don’t. Ribbon should not be included. Tape should be removed if possible.
- Compost scraps where appropriate!

Traveling to Festivities
- Carpool.
- Choose rail over air whenever possible.
- Take Metro bus and Metro Rail where available.
- Don’t ride in Volkswagens. One VW pollutes as much as a city bus!