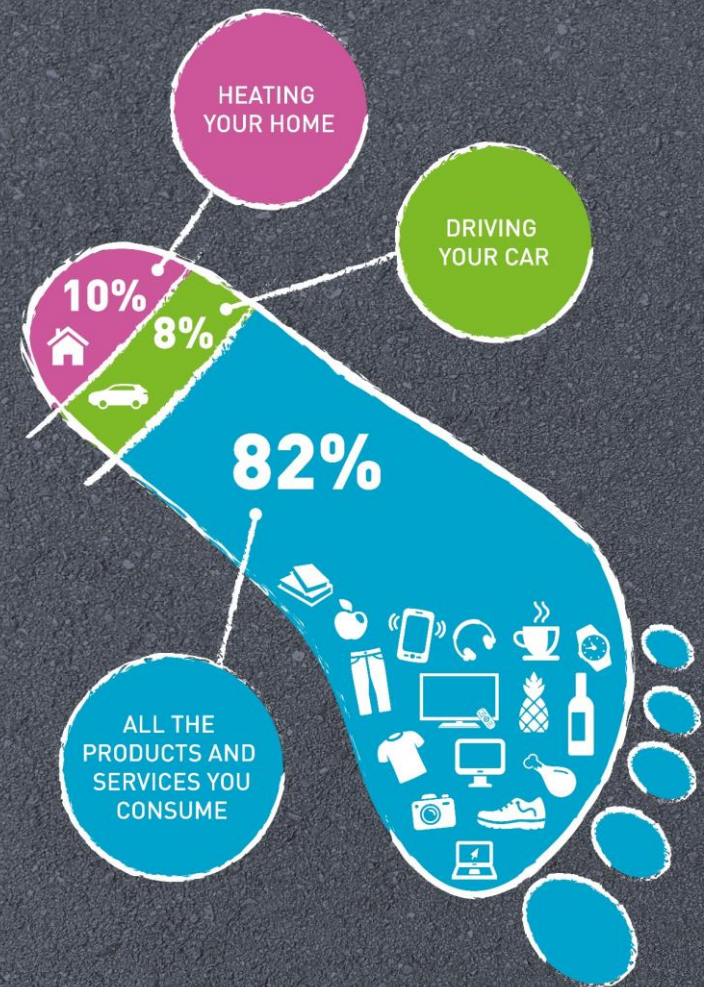




# #ConsumingResponsibly at Christmas

**Miriam Adcock**



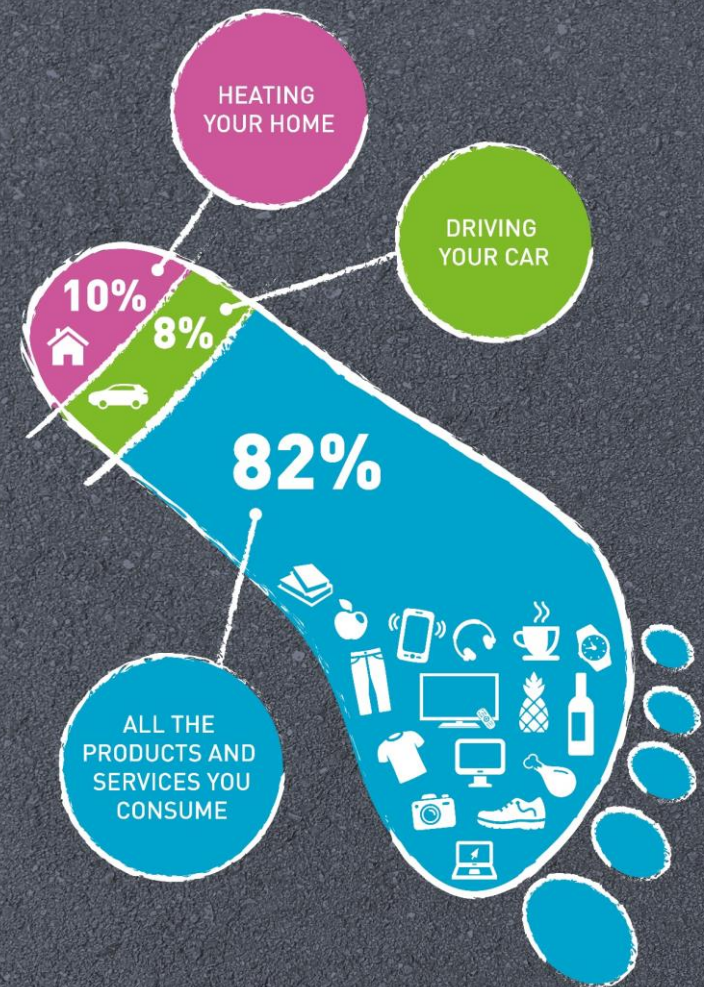
WE CAN'T REACH OUR CLIMATE CHANGE GOALS UNTIL WE TACKLE **ALL** OF THE CARBON IN OUR FOOTPRINTS  
IT'S TIME WE CHANGED THE WAY WE CONSUME

# Consumption is the biggest part of our carbon footprint

**Carbon footprint** is a widely used measure of the amount of greenhouse gases, such as carbon dioxide, released into the atmosphere as a direct and indirect result of human activities.

**82% of our carbon footprint in Scotland** comes from consumption: from all the goods, materials and services which we produce, use and in the case of products, often throw out after just one use.

**About half of these emissions are produced overseas** where we import many everyday things from countries which are typically poorer and more polluting than Scotland.



# Consumption is the biggest part of our carbon footprint

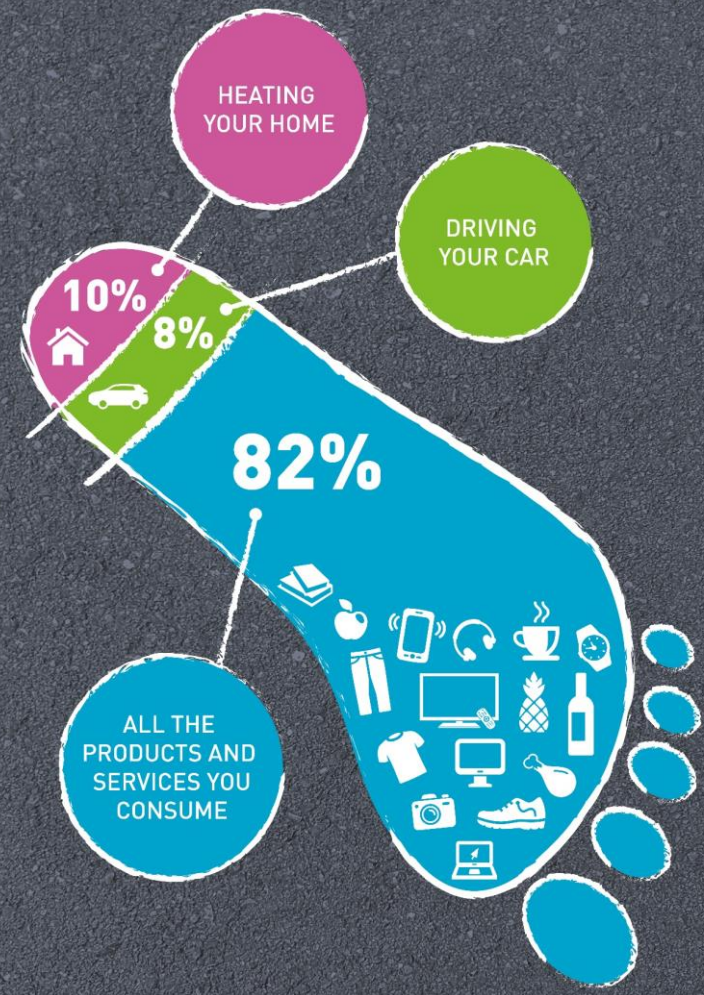
New products usually use brand new materials when they are made and this means they can have a high carbon footprint because of the emissions involved in extracting materials and processing them.

Think also about;

- Transport
- Packaging
- Usage
- Disposal

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## Consumption is the biggest part of our carbon footprint

Most recent data shows that the carbon footprint per person in Scotland is **13 tonnes CO<sub>2</sub>e**, compared to a world average of **1.2 tonnes CO<sub>2</sub>e**.

To reach the Paris Agreement goal to limit warming to 2 degrees, the world must be almost net zero by 2050, and Scotland's target is to reach net zero by 2045. To reach this goal, the average carbon footprint globally needs to be **0.36 tonnes CO<sub>2</sub>e, per person by 2050.**



**EVERYTHING  
WE BUY HAS A  
CARBON COST.**

**#ConsumingResponsibly**



# Quiz



1. In research carried out by Zero Waste Scotland, what percentage of people would be happy to receive a second hand gift?

- a) 20%
- b) 50%
- c) 80%



# Quiz



2. How many Christmas cards are likely to be sent by Scots this Christmas?

- a) 55 million
- b) 95 million
- c) 125 million



# Quiz



3. How many miles of wrapping paper will be used by Scots this Christmas?

- a) 2,000
- b) 19,000
- c) 95,000





# Quiz



4. How many tonnes of food waste will be binned by Scots this December?

- a) 10,000
- b) 25,000
- c) 50,000



# Quiz



5. Recycling six foil cases from mince pies will save enough energy to run a TV for how many minutes?

- a) 30
- b) 45
- c) 60





## Gifts – Buy second hand

Research commissioned by Zero Waste Scotland indicated four out of five Scots would be happy to receive a pre-loved gift, but just under two thirds (65%) of those asked said they would be unlikely to buy one for someone else.



**FOUR OUT OF FIVE SCOTS** WOULD BE HAPPY TO RECEIVE A PRE-LOVED CHRISTMAS GIFT.



# Gifts - Buy second hand

- ✓ Saves you money
- ✓ Saves resources
- ✓ Saves packaging
- ✓ Often supports a local not-for-profit organisation
- ✓ Find unique, quality items



# Gifts – Make your own

- ✓ Foodie options such as 'Reindeer & snowman chocolate bark'
- ✓ Soap or bath bombs
- ✓ Upcycle tea cups into candles
- ✓ Christmas wreaths
- ✓ Succulent gift box



# Gifts – non-material gifts

- ✓ Buy days out
- ✓ Donation to charity
- ✓ Gift the gift of time (do chores, spend time together)
- ✓ Give subscriptions (gym fees, online magazine subscription etc)



# Gifts – Guarantee you get what you want (no waste)

- ✓ Agree to buy your own pressies but wrap them up
- ✓ Write a 'wish list'
- ✓ Gift vouchers



Dear

This year I have been

- Very Good
- A little bit good
- I tried my best

Here is my Christmas Wishlist:



I want: \_\_\_\_\_

I need: \_\_\_\_\_

I'll wear: \_\_\_\_\_

I'll read: \_\_\_\_\_

Your friend,



# Gifts – nothing at all ...

- ✓ <https://www.moneysavingexpert.com/news/2022/11/martin-lewis-christmas-gifts-help-or-hindrance/>
- ✓ Watch the video <https://youtu.be/MwtJ5a-snvo>

**Martin Lewis: Why sometimes the best Christmas present is giving nothing at all**





# Buy second hand



- ✓ If you need extra furniture, crockery, cutlery etc for all the visitors



# Borrow/rent

- ✓ Check out your local tool library
- ✓ Borrow from a neighbour



Doughnut Maker



Slow Cooker



80's party costume



Wooden Christmas Tree

2



Camping Table



Lervia Steam Cleaner

# Cards

- Charity ecards such as [Marie Curie](#), [Salvation Army](#) or the [Dogs Trust](#)
- [Canva](#) e-card templates
- Or make your own (but no glitter!)



SCOTS ARE EXPECTED TO SEND MORE THAN **95 MILLION CHRISTMAS CARDS THIS YEAR.**



# Christmas jumpers

- Do you need one?
- Do you already have one that you can just wear again?
- [Upcycle one?](#)
- Make it multi-functional (removable bling)?
- Swap with a friend?
- Buy one second hand?



# Wrapping paper

- Reuse last years
- Brown paper
- [Furoshiki](#)
- If buying new, make sure it's [recyclable](#)



**19,000 MILES OF WRAPPING PAPER**  
WILL BE USED IN SCOTLAND ALONE  
THIS CHRISTMAS.



# Decorations/crackers

- [Make your own decorations](#)
  - Reuse them year after year
  - Or swap with friends
  - Donate/buy second hand
- [Make your own crackers](#)
  - Use reusable/recyclable materials
  - Include gifts people actually want
  - [Print jokes online](#)





A 2020 report, published by Zero Waste Scotland, showed **textiles**, which made up just 4% of waste by weight, accounted for a startling **32%** of Scotland's carbon impact.

16 Feb 22

# Clothes

<https://zerowastescotland.org.uk/press-release/experts-call-more-attention-carbon-impact-waste-textiles-top-new-report>

# Returns



- Each year, 5 billion pounds of waste is generated through returns
- Many companies don't have the technology in place to handle these, so it may be more profitable for them to sell them cheaply to discounters (more shipping/driving/flying them around the globe) or to just dump them.
- NB. This doesn't happen if you buy second hand!!!



ENVIRONMENT

**Your brand new returns end up in landfill**



# Clothes

- Christmas party outfits don't need to be wasteful
  - Invest in quality
  - Don't buy a whole outfit – reuse what you have
  - Buy second hand
  - Buy items you can use on other occasions
  - Rent



# Kids toys






- More than half of parents said that their house was overflowing with toys but it's easy to forget that spending quality time together making memories is just as important as 'stuff'.
- Toy subscriptions
- Buy second hand
- Consider safety
- Check out toy libraries



It's time to dust off our Christmas decorations and get ready to put the tree up. 🎄

Which type of tree will you be decorating this year?

# Trees

 <h2>Real tree</h2>	 <h2>Fake tree</h2>
<b>Pros</b> <ul style="list-style-type: none"><li>• More eco-friendly on a one-off basis, if disposed of responsibly</li><li>• Less emissions if locally grown</li><li>• Can be planted again for next year. It will be bigger and better!</li></ul>	<b>Cons</b> <ul style="list-style-type: none"><li>• In landfill, wood emits methane which harms the planet. Please recycle responsibly.</li></ul>
	

## Food

- ✓ [Plan your Christmas meals](#)
- ✓ Serve food 'buffet style'
- ✓ Share the shopping & the leftovers (take your Tupperware)
- ✓ Quality over quantity
- ✓ Only buy 'just in case' items if they have a long shelf-life or can be frozen



**NEARLY 50,000 TONNES OF FOOD AND DRINK IS EXPECTED TO BE BINNED IN SCOTLAND DURING THE MONTH OF DECEMBER ALONE.**



## Recycle

- ✓ Food waste recycling
- ✓ Christmas trees
- ✓ Packaging (take off the tape)
- ✓ Wrapping paper ([scrunch test](#))
- ✓ Cardboard from crackers



RECYCLING SIX FOIL CASES FROM  
MINCE PIES WILL SAVE **ENOUGH**  
**ENERGY TO RUN A TV FOR 30 MINUTES.**





**Have a very merry  
'green' (and less  
Expensive) Christmas**