



December 2009

Here are 10 tips for celebrating the holiday season in True Green style, from the latest book *True Green Life*

	true green's top 10	done	my top 10	done
1	Plan a sustainable Christmas dinner to celebrate local food. Make your star attraction an organic free range turkey.			
2	Host a green Christmas party this year. Use recycled materials for decorations, and provide locally grown organic food – but don't serve it on disposable plates.			
3	There's something special, and greener, about gifts you've made yourself. Or give 'gifts in kind' – a free night's babysitting for friends with young children, or mowing the lawn for your elderly neighbour.			
4	Give twice – once to your loved one and to someone with not much at all. Oxfam, World Vision and TEAR Australia have catalogues of life-changing gifts to help relieve poverty and the pressures on our environment.			
5	Make your Christmas tree selection an informed choice – both real and artificial trees can have harmful effects for the environment. You could grow your own tree or forego European tradition altogether – use branches of gum or a potted native like a eucalyptus.			
6	Switch to energy efficient Christmas lights. LED lights use 10 percent of the power of incandescent lights and last 100 times longer. Don't forget to switch them off overnight and when noone's looking.			
7	Try to reduce the number of cards and paper you use. Reuse last year's cards by cutting them into gift cards, or refold them to write new messages – 'We're wishing you a green Christmas!'			
8	Support the growth of the recycled paper industry – buy only recycled paper. Better yet, reuse wrapping paper or leftover fabric to dress up your gifts. Even newspaper can look festive paired with red, green and white ribbons.			
9	If you're going on holiday this Christmas, remember to put your house into energy hibernation. Switch off all lights and unplug electrical appliances. For extended trips it's also worth turning off your hot water system.			
10	Choose 'low-carbon holidays', which can have close to zero emissions. Think simple and local for a low-impact, relaxing holiday this Christmas.			

remember, when you're achieved your top 10, revisit true green and select another 10