It's Better OFF To have a Sustainable Christmas

Consider sending electronic Christmas cards to friends and family, these are available for free from many charity websites.

Recycle your Christmas cards at WH Smiths, Tesco, M&S and TK Maxx

Recycle your real tree's via the Woodland Trust or through your Local Council

Buy a uk grown real tree with roots and re-plant it in your garden

Consider giving something back in the fight against poverty (<u>www.oxfam.org.uk/shop</u>)

Watch out for unnecessary packaging on your purchases.

Christmas wishes from the It's Better OFF Team

Christmas, a time of goodwill and celebration accompanied by a large increase of around 3 million tonnes of waste in the UK each year

> Roughly 83 square km of wrapping paper will end up in UK bins this Christmas enough to cover an area larger than Guernsey.

Royal Mail deliver around 150 million cards and packets EACH DAY with an estimated 1 billion Christmas cards ending up in the bin!

