

# 10 WAYS TO FEEL LESS GUILTY ABOUT WASTE THIS CHRISTMAS

## 1. EAT YOUR LEFTOVERS



IF YOU'RE FACING MOUNDS OF LEFTOVERS, STOCK UP ON CONTAINERS SO YOU CAN FREEZE THEM OR SEND THEM HOME WITH FAMILY AND FRIENDS, OR LOOK FOR CREATIVE RECIPES TO REUSE THEM.

Three times as much food is wasted during the holidays as any other time of the year.

## 2. SUPPORT FOOD RECOVERY PROGRAMS

The total amount of food wasted in the U.S. annually could satisfy the hunger of the estimated **1 BILLION** malnourished people worldwide.

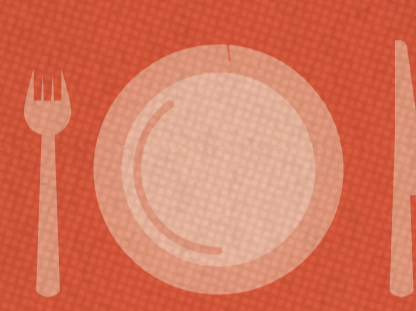
DONATE WHOLE, UNTOUCHED LEFTOVERS FROM HOLIDAY PARTIES TO A LOCAL FOOD BANK OR HOMELESS SHELTER—OR CONSIDER A YEAR-END DONATION TO SUPPORT THEIR EFFORTS.

## 3. BUY LOCALLY PRODUCED FOOD

BUY AS MUCH OF YOUR HOLIDAY INGREDIENTS FROM LOCAL FARMS AND CSAS. CHECK OUT THE NRDC EAT LOCAL APP TO LOCATE NEARBY FARMER'S MARKETS.

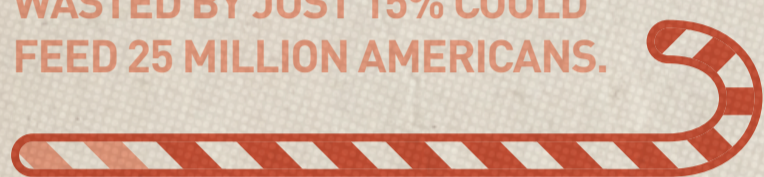


ON AVERAGE, FOOD TRAVELS 1,500 MILES FROM FARM TO TABLE.



## 4. PLAN PROPER FOOD PORTIONS

REDUCING THE ANNUAL FOOD WASTED BY JUST 15% COULD FEED 25 MILLION AMERICANS.



FOR A DINNER PARTY, ABOUT 1 POUND OF FOOD PERSON IS ENOUGH. OR, CHECK OUT THIS

PARTY PLANNING CHEATSHEET

## 5. PROTECT IT WITH POPCORN

90%

OF PLASTIC PACKAGING ENDS UP IN THE LANDFILL AFTER ONE USE

USE POPPED POPCORN IN ZIP-TOP BAGS TO CUSHION GIFTS FOR SHIPPING. RECIPIENTS CAN EAT IT, OR IF IT'S CRUSHED, IT CAN BE USED TO TOP SOUPS OR MAKE COOKIES OR BRITTLE.



## 6. CARE ENOUGH TO HIT SEND

E-MAIL ELECTRONIC HOLIDAY CARDS TO FAMILY AND FRIENDS. SENDING 50 E-CARDS IN LIEU OF PAPER ONES CAN SAVE 45 GALLONS OF GAS.



## 7. WRAP IT RIGHT

CHOOSE PLAIN WRAPPING OR TISSUE PAPER THAT CAN BE REUSED, RECYCLED, OR COMPOSTED. METALLIC AND WAX-COATED PAPERS ARE ONLY GOOD FOR THE GARBAGE.

RECYCLING 1 TON OF MIXED PAPER

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SAVING THE ENERGY EQUIVALENT OF 185 GALLONS OF GASOLINE

## 8. DRIVE SMARTLY

If each family reduced holiday gasoline consumption by one gallon (about 20 miles), we'd reduce greenhouse gas emissions by one million tons

WHEN SHOPPING, DRIVING TO YOUR FURTHEST DESTINATION FIRST WILL ALLOW YOUR ENGINE TO FULLY WARM UP AND RUN MORE EFFICIENTLY ALL DAY. DRIVING THE SPEED LIMIT, PROPERLY INFLATING TIRES, AND STORING LUGGAGE IN THE CAR RATHER THAN ON TOP WILL ALSO INCREASE FUEL ECONOMY.

## 9. SHIP WISELY

IF YOU BUY GIFTS ONLINE, OPT FOR GROUND SHIPPING.

GROUND SHIPPING IS 6 TIMES MORE EFFICIENT THAN AIR TRANSPORTATION.



## 10. RECYCLE YOUR TREE



KEEP YOUR TREE FROM GOING TO THE LANDFILL BY USING THE BOUGHS FOR MULCH, RECYCLING IT FOR WOOD CHIPS OR COMPOST, OR USING IT AS A TRELLIS FOR PEAS OR BEANS IN SPRING.

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— A M E R I C A —

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