

Christmas is Rubbish!

Fed up with the mountain of waste created at Christmas? Follow our hints and tips for a Greener Christmas.

Cards, Envelopes, & Stamps...We send 1.7 billion Christmas cards each year (roughly equivalent to 200,000 trees). This year be brave! Tell your friends you are not sending cards, or send e-cards, or send group cards to office colleagues. Recycle your cards through the Woodland Trust's collection points (at branches of Tesco's & WH Smiths). Give your used stamps to a local charity (e.g. St Leonard's Hospice shops, Oxfam shops etc.). Reuse envelopes, or crumple them up for the compost heap.

Wrapping Paper...A further 50,000 trees are used in the production of wrapping paper. The best thing to do is to reuse wrapping. Promote other's reuse by tying parcels with string or ribbon. What can you do with the ripped / Sellotape covered wrapping? Both paper wrapping paper and Selloptape are compostable. For detailed information on composting see leaflet 'Christmas Composting'.

Food...Buying locally grown food is much better for the environment and comes without all that packaging. You can get your food through box schemes, the York Farmers Market (17th & 18th Dec) or farm shops. Try using fabric shopping bags to cut down on plastic bags.

Drinks...Recycle your drinks cans and bottles in your kerbside box or at a local recycling point. Large tins (e.g. chocolate or biscuit tins) can also be placed in the kerbside boxes. If your overindulgence means the box is overflowing, don't worry as the recycling crews will collect recyclables in an untied carrier bag.

Presents...For lots of ideas on how to buy greener Christmas presents see the leaflet 'Top 10 Tips for a Greener Christmas'.

Trees...Six million trees are bought each year in the UK and most are thrown out afterwards. The best option is to buy a locally-grown Christmas tree. The potted ones can be planted out in the garden afterwards and cut trees can be recycled. They can be recycled at your local Household Waste Recycling Sites (HWRS) or you could shred it for the compost heap. A great option would be to chop it up and leave it under a hedge in your garden to create a wildlife habitat.

Packaging...Most of your food & present packaging can be recycled either through your kerbside box, Household Waste Recycling Sites (HWRS), or recycling banks across the city. These include:

* **Foil:** (Washed) mince pie trays, milk bottle tops and the foil from the Christmas turkey can all be recycled. Many charities collect foil (e.g. the Stables Project and the National Association for Guide Dogs for the Blind) so check if there is a local collection in your area. Foil can also be recycled in the can banks at the HWRS, or the supermarket recycling banks (Sainsburys, Tescos, Asda, Morrisons), as well as Union Terrace Car Park (Clarence St), Bishopthorpe Road Car Park (South Bank) and St George's Field Car Park (Tower St).

* **Cardboard:** Toys and presents given at Christmas can be heavily packaged in card, as can the mince pies and chocolate boxes. This material can be taken to the HWRS but remember to remove the polystyrene and plastic windows, etc.

* **Plastic bottles:** Plastic bottles can be recycled at the HWRS and also B & Q Store Car Park, (Hull Rd), Sainsbury's Supermarket (Monks Cross), Tesco Car Park (Tadcaster Rd & Clifton Moor). It is helpful if they are squashed first so there is plenty of room for everyone else's.

After Christmas...Take your unwanted gifts to a charity shop; they are also keen to receive good quality items of clothing, books, music etc. There are also various recycling banks located around York for these items. For bigger items you could try advertising them on York Freecycle (www.yorkrecycling.net). It is an email listing service where you can advertise your unwanted items or look for things you do want - all for free!

Contacts

Vegetable & Fruit Box Schemes: www.organic-store.co.uk/north-yorkshire.html gives a full list of the organic delivery schemes in the York and surrounding areas. It includes:

The Organic Pantry - www.organicpantry.co.uk, 01937 531693

Goosemoor Organics - www.goosemoor.info, 01423 358887

Aspin Organics - 01439 771848

Farm Shops:

Brunswick Organic Nurseries, Appleton Rd, Bishopthorpe, 01904 701869

The Farmers Cart, Towthorpe Grange, Towthorpe Lane, 01904 499183

The Balloon Tree, Stamford Bridge Rd, Gate Helmsley, 01759 373023

This leaflet was published by Friends of St. Nicholas Fields (registered charity no.1068909), in November 2005. Contact our Recycling Team for recycling information or York Rotters for home composting advice at: York Environmental Community Centre, Bull Lane, York YO10 3EN tel.01904 411821 * info@stnickfields.org.uk * rotters@stnickfields.org.uk
www.stnickfields.org.uk