

# 'TIS THE SEASON TO GO GREEN! ACTION KIT



## 7 TIPS TO GO GREEN THIS HOLIDAY

This year, join Friends for Change, The Nature Conservancy and Nature Rocks, a program that provides tools to get kids and families out in nature, to challenge your friends and family to Go Green this holiday season! Check out the tips and tools in this action kit to find out how.

1

### GET LESS

Instead of getting gifts for everyone and expecting gifts from everyone, ask your friends and family to start a new tradition by giving back to a local charity or drawing names with your family & friends. You'll spend less money, save a lot of stress, and enjoy more time together.

2

### GIVE SMART

This year, instead of giving stuff, try giving an experience. Great holiday memories last longer than material things. Try giving gift certificates for a favorite restaurant, event or concert tickets, or a coupon good for one homemade dinner on you!

3

### WRAP RIGHT

*Did you know, an additional 5 million tons of waste is generated during the holidays—4 million tons of which is wrapping paper and shopping bags?<sup>1</sup>*

Instead of buying wrapping paper, try getting creative by using the Sunday comics, magazines, old maps, calendars, or fabric. Even store-bought gift bags or gift tins are better than paper, since they can be used again and again. Also, don't forget to use your reusable bags when heading out to do your holiday shopping!

4

### SEND E-CARDS

*Did you know, Americans send 1.9 BILLION Christmas cards each year?<sup>2</sup>*

Paper, stamps and gasoline are needed for each and every holiday card. This year, try sending e-cards instead. The holiday cards you receive can be recycled or saved and used as gift tags next year.

<sup>1</sup>Clean Air Council  
<sup>2</sup>U.S. Census Bureau

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5

## LIGHT UP THE SEASON WITH LEDS

*Did you know, if all the seasonal mini-lights in the United States were switched from standard incandescent bulbs to LEDs, the energy savings would exceed \$250 million and carbon dioxide emissions would be reduced by 400,000 tons?<sup>3</sup>*

That's a whopping lotta watts! Instead of traditional holiday lights, try using LED lights—they last about 10 times longer, and cut down on carbon emissions. Use a light timer set to power down your display once the neighborhood is fast asleep.



## WANT TO MAKE A DIFFERENCE THIS HOLIDAY SEASON?

**Give Back!** Gather your friends and family and volunteer for a local charity. Join a local clean-up effort, volunteer at an animal shelter, donate your time to a soup kitchen, or find another volunteer opportunity in your area.

6

## TRY A LIVING TREE

Try a living tree instead of an artificial tree this year.

*Did you know, most artificial trees are made from PVC, requiring tons of electricity to produce. Plus 85% of fake trees sold in the U.S. are shipped all the way from China!*

Live trees absorb carbon from the air, and new trees are quickly replanted in their place. They also smell really nice!

7

## GET OUT

Clear your head, burn off some cookie calories, and get some fresh air by heading outside. Take a walk with friends or family and take in the holiday lights, go on a nature hike, or try bird watching.

Visit [naturerocks.org](http://naturerocks.org) for more tools, tips and ideas for spending time outside with your family.

