

Season's GREENINGS!



ACTION PLAN

Start a new holiday tradition with
Season's Greenings
and celebrate the joy of being green
with **Disney's Friends for Change!**



Did you know that the most wonderful time of the year is also the most wasteful?

Between Thanksgiving and New Year's Day, the average US household increases its trash output by 25%, resulting in 5 million tons of garbage. 'Tis the season for some serious waste!

The holidays are also a time for giving. It's easy to take less from the planet and learn to give back. How? Challenge yourself, your friends and your family to take action with this Disney Friends for Change Action Plan: **Season's Greenings!**

Season's Greenings will show you how to: **REDUCE** holiday waste, **REUSE** holiday decorations, **RECYCLE** all you can, and **RING** in the New Year with **GREEN ACTIONS!**



Use this *Season's Greenings* Action Plan as your "checklist" to get started!

Make Gift-Giving GREENER



Try Waste-free Gift Giving

Give your friends experiences instead of stuff (like a night at the movies, a hike in the mountains, or a picnic in the park, etc.), or make your gifts this year (paint a cool pic, or frame a fun photo).



Donate to Charity

Instead of buying material things, donate your time or money to green charities in the name of a friend or family member. You can help revive a rainforest with the Natural Resources Defense Council or adopt a polar bear through the National Wildlife Federation. For links and more ideas, check out the Friends for Change partner organizations at [Disney.com/projectgreen](https://www.disney.com/projectgreen).



Draw Names

Instead of buying tons of gifts for EVERYONE on your list, draw names among friends and family to reduce your carbon footprint. Talk to your gift recipients to get ideas, so you can choose a gift they'll love!



Buy Reusable Gifts

If you are going to buy, try to buy items that can be reused, like stainless steel water bottles or a backpack made from recycled fabric.

Why It Matters:

38,000 miles of ribbon used for wrapping is tossed away each year. That's enough ribbon to tie a bow around the Earth!

GREEN

Your Gift-Wrapping



It's a Wrap

Use reusable gift bags, or wrap your gifts with newspaper, fabric or other reused materials and get your friends and family to do the same. Did you know that most colorful wrapping paper is not recyclable? Check to see if the paper is clearly labeled as recyclable before putting it in your recycling bin.



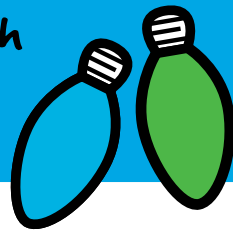
Recycle Holiday Cards

Take holiday cards you received last year (or save this year's) and reuse the card faces as gift tags.

Why It Matters:

If 500,000 kids avoided wrap or replaced just 3 sheets of wrapping paper with reused paper or newspaper, they'd save enough paper to cover 100 football fields!

Deck the Halls with GREEN



Glow Green

Instead of traditional plug-in holiday lights, light up the neighborhood using LED lights, solar powered lights, or get creative and try luminarias or rechargeable, electric candles.



Green Your Tree

If you celebrate with a tree, instead of cutting down a wild tree, try buying from a sustainable tree farm.

Or, decorate a living tree or potted plant. (Avoid buying fake trees as most are made with non-renewable resources.)

Why It Matters:

Every year, Americans buy six hundred trillion miles of holiday lights—that's enough to stretch to the outer limits of the known universe and back eighteen times! All those lights suck a lot of power—in fact, total power consumption from holiday lights is five times the entire energy output of the sun since the beginning of time!

GREEN

Your Holiday Feast



Research Where to Find Local Foods

Find out where you can get locally grown, organic food in your neighborhood (farmer's markets, local grocery store, natural food market, etc.) and visit to find out what's in season.



Green Your Holiday Menu

Once you know what's in season, search online for fun holiday recipes using those ingredients and help plan a dish (or an entire menu) based on locally grown, organic food.

Why It Matters:

Most produce in the US travels an average of 1,500 miles before it's sold, so choosing to buy locally grown helps reduce our carbon footprint and saves precious resources.

Post-Season's **GREENINGS**



Recycle Holiday Items

The holidays produce lots of reusable and recyclable items. Trees, cardboard boxes, toy backings, uncoated food boxes, greeting cards and more can be recycled, and gift bags and sturdy ribbons can be collected for reuse.



Reuse Décor & More

Do you have any storage boxes? Pack away and reuse holiday lights, gift boxes and bags, wrapping paper, decorations and ornaments for next year (and many years to come).

Why It Matters:

Half of the paper consumed each year in the US is used to wrap gifts. Reports show that waste from gift wrap and shopping bags alone total close to 4 million tons—that's as much as 40,000 blue whales!

Use these Friends for Change
gift tags to send Season's Greenings
to your friends and family!

Season's
GREENINGS!

TO: _____ FROM: _____

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Visit us online at Disney.com/projectgreen



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Let us know what you're doing
to make this season green
by visiting Kids in Action at:
Disney.com/projectgreen