

CLIMATE NEWS



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Newsletter

TAKE A STEP BACK AND SLOW DOWN THIS CHRISTMAS

It's very hard to resist the barrage of advertising at this time of year. But it's a time of year when far more waste is generated and according to [MyWaste.ie](https://www.mywaste.ie): 'over the festive season we produce 25-30% more waste than we normally do. This is unnecessary, expensive and environmentally damaging.' Taking a step back and cutting down on unnecessary spending can be good for your pocket but also give a different focus. There are so many lovely things about Christmas that don't centre consumerism. You can enjoy the simple joys of spending time with family and friends, having extra time for winter walks, making Christmas food or decorations together, carol singing and so much more. Creating memories is a lifelong gift.



REDUCE WASTE THIS CHRISTMAS



There are so many ways to reduce waste at Christmas. Below are some easy tips that will save some money, and reduce impact on the planet.

Food:

- Buy what you need - do a shopping list and don't be tempted to get extra if you don't think it will be used.
- Freeze and store - leftover raw veg can be chopped and frozen. Or you can make a healthy vegetable soup.

Decorations:

- Take care of the decorations you have and store carefully for next year.
- If you want to buy new decorations, considering buying one or two that are special and will last, rather than a box of cheap decorations.
- Use natural materials to decorate - twigs and berries and holly make lovely winter decorations.
- Or make it a family challenge, like the City Architects, and get creative with materials around the house!

Gift Wrapping:

- Re-use boxes and jars for presents where possible.
- Use fabric gift bags or wrap in fabric from old clothes.
- Make gift tags from toilet roll inserts or other cardboard that's going to be thrown out.

Presents:

- Don't buy just for the sake of it - ask people what they actually want.
- Give the gift of an experience.
- Buy from ethical companies and buy local if possible.

“Christmas doesn’t come
from a store.
Maybe Christmas perhaps
means a little bit more.”
Dr. Seuss



CITY ARCHITECTS CHRISTMAS TREE

Up-cycle and reuse in style! City Architects have done an amazing job on decorating their Christmas tree with upcycled items. Their creativity knows no bounds :)



CHRISTMAS LEFTOVER RECIPE

Tiramisu – ish!

This is a recipe I concocted last year to use up the remainder of the trifle sponge and some Bailey's I had that no one really wanted to drink. Basically it's a take on tiramisu, and given that I made it up, I can't be exact about quantities or method. It's a pretty forgiving one, though, and could probably be adapted to any other liquors you have lying around.

Step 1: Basically, take all the leftover sponge you have and lay it flat in a large rectangular dish. Soak thoroughly with Bailey's or whatever alcohol you have, and some pre made coffee that's been cooled. You can leave this overnight or for at least a few hours. The liquid should be just enough to soak the sponge, but don't add too much so that it's swimming in liquid.

Step 2: Whip up some cream, add vanilla essence, and some sugar to taste and then fold in a tub of mascarpone cheese – the mixture should be fairly thick and should cover the sponge really well, so use a proportional amount of mascarpone (and you can judge also by the amount of sponge you have, or by how many servings you want). Once it's done you can spread over the sponge base, top with cocoa (add grated chocolate if you like) and leave to set. Again, overnight is good, so that all the flavours meld together. Once it's set, it can be divided into portions and served.



GIVE A GIFT OF A BOOK!



**"A BOOK IS A DREAM THAT YOU
HOLD IN YOUR HAND."**

NEIL GAIMAN

The following books are a mixture of science, nature, journalism and more. If you want to brush up on your knowledge of climate or give the gift of a book, here are some suggestions for this year!

- Tara Shine: How to Save your Planet, One Object at a Time
- George Monbiot: Regeneration: Feeding the World without devouring the Planet
- Paul Douglas: A Kid's Guide to Saving the Planet: It's Not Hopeless and We're Not Helpless
- Greta Thunberg: The Climate Book
- Elizabeth Kolbert: Under a White Sky
- David Attenborough: A Life on Our Planet: My Witness Statement and a Vision for the Future
- Isabella Tree: Wilding: The Return of Nature to a British Farm
- Hal Harvey: The Big Fix: Seven Practical Steps to Save Our Planet
- Ben Rawlence: The Treeline: The Last Forest and the Future of Life on Earth
- Richard Powers: The Overstory
- Christiana Figueres and Tom Rivett-Carnac: The Future We Choose
- Colm O'Regan: Climate Worrier, A Hypocrite's Guide to Saving the Planet
- Carolyn Steel: Sitopia, How Food Can Save the World
- Yanis Varoufakis: Talking to My Daughter, A Brief History of Capitalism



DECORATE WITH ORANGE POMANDERS

An easy and gorgeous smelling natural decoration is orange pomanders. These are basically just fresh oranges studded with cloves. You can use a cocktail stick to make inserting the cloves easier and you can use any kind of pattern. Oranges with thicker skin will last longer but these lovely decorations will give a fabulous fresh scent to your house and will last for weeks! They can be put in a bowl in different rooms for colour and scent, or use a ribbon or twine to hang from the tree. Best of all, they are fully compostable and zero waste!



DISPOSE OF YOUR WASTE CORRECTLY

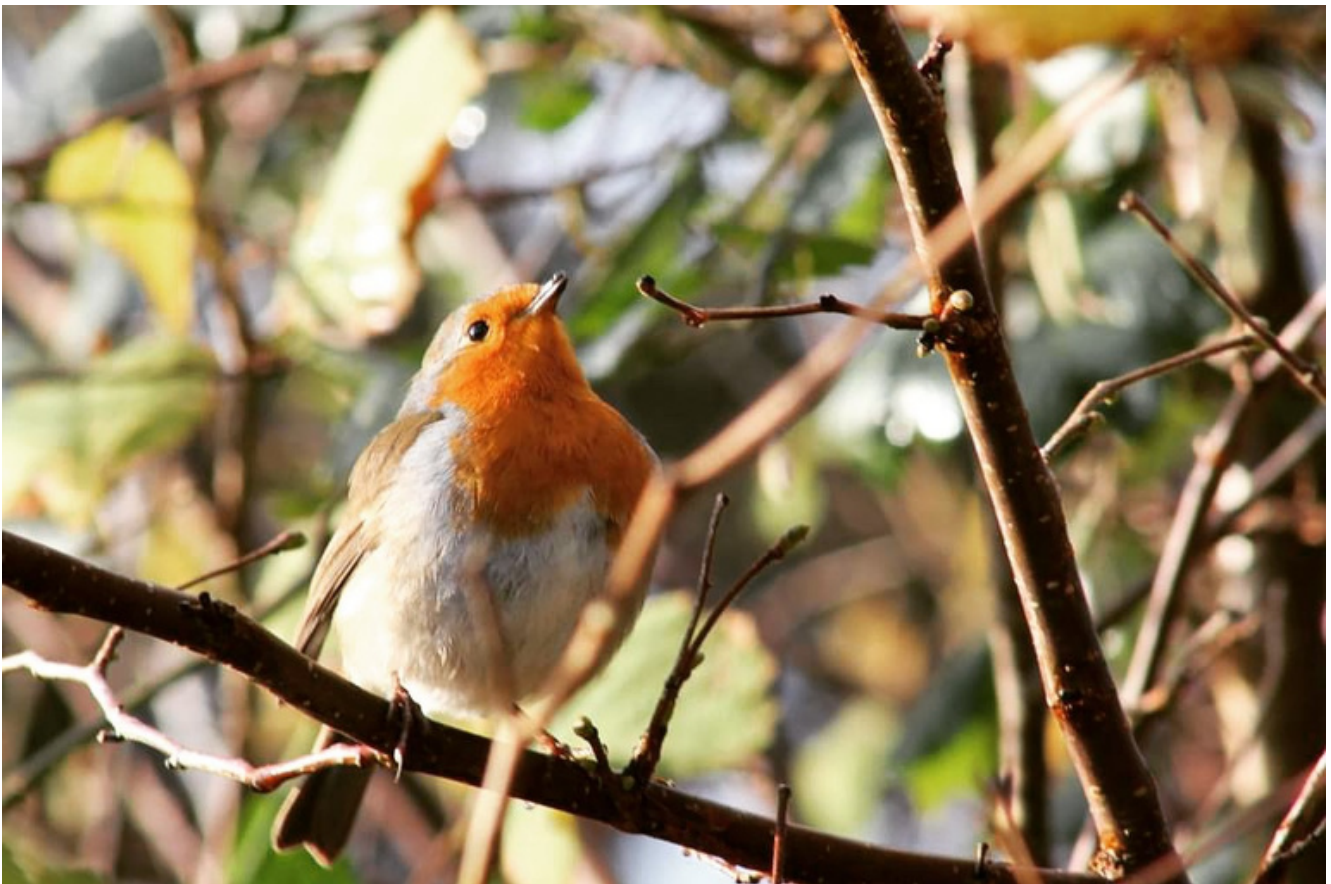


Don't forget to recycle and dispose of all your Christmas waste correctly. Of course, the less that's created, the better, but making sure that recycling and composting is done will lessen the household impact on the environment. This [article](#) outlines some of the damage plastic waste can do to wildlife, and landfill sites emit methane, which contributes to climate change.

Ideally, putting things in the waste bin should be a last resort. Use up as much food as possible, and compost the rest.

Glass should always be recycled in bottle banks, or re-use the jars for storage. Plastics (including soft plastics) can all be recycled, as can tins. Make sure that they are clean and as dry as possible, as food contaminated plastics aren't suitable for recycling.

If you have a food waste collection, things like pizza boxes can be put in there, as well as similar uncoated brown paper and card.





Happy
Christmas

From the Climate Team

