



ZERO WASTE CANADA

Volume 1 / Issue Christmas

IMAGINE

A WASTE-LESS WORLD

ZERO WASTE CANADA is a grassroots organization of zero waste activists and waste reduction professionals dedicated to achieving a sustainable economy based on the principle of ZERO WASTE.

ZERO WASTE CANADA advocates for corporate responsibility of waste, government policies for resource conservation, and sustainable jobs from discards



If everyone in Canada wrapped just three presents in reused paper or gift bags, it would save enough paper to cover 45,000 hockey rinks.

RETHINK CHRISTMAS - REDUCE AND REJOICE

Tis the season to be jolly. It is the time of year we partake in celebrating with family and friends. In the course of the season's festivities we sometimes confuse creating an abundance of joy with creating an abundance of stuff. We need to create the feelings of abundance without all the consumption and all the waste.

ZERO WASTE CANADA asks you to RETHINK Christmas. This season plan on giving a gift to yourself and the planet by reducing the amount of waste you make. Think of creating joy not waste?

Watch your waste

Do we need all of this? Do we use all of this?

Canadians will purchase:

4.3 million Turkeys

3,000 tonnes of foil

2.6 billion Greeting cards

27.8 million Natural Christmas trees

7.3 million Artificial trees

6 million rolls of tape

250,000 tonnes of plastic packaging

Every person will throw away an average of 110lbs of garbage this holiday season

RETHINK SHOPPING

Our planet just can not sustain “shop ‘til we drop” It is time to rethink why we shop and how we shop. We all need to reduce the amount of stuff we buy. By reducing our shopping we will have more time for family and friends.



Trade, make or reuse decorations.

Here are some tips to redefine shopping:

***Get a handle on the need to buy. Do you need to buy to feel good or make someone like you? Do you need the product or can you borrow it? Do you need new?**

***Make a list and plan your shopping trips. Have a budget.**

***Think about the products you purchase. Can it be recycled? Can it be reused? Will you use all of it?**

***Buy gifts that can be used and are needed. Give gifts with less packaging.**

*** Support local economy by buying local**

“We spend money that we do not have, on things we do not need, to impress people who do not care.” Will Smith

WASTE-LESS ENTERTAINING

Parties, dinners and special events that gather loved ones and friends together to join in celebration are fun, but the food waste and garbage that produced is not so fun!

Here are some tips to help reduce waste and manage the discards created.

- Plan menus. If you are not sure about how much food you may require, check out a helpful serving calculator such as LOVE FOOD Hate Waste site <http://england.lovefoodhatewaste.com/portions/everyday>. When planning menu think about storage and left-overs. Have a plan to use left-overs.
- Have a discard management plan. Plan to create the least amount of garbage possible. Have recycling containers, and compost containers, and garbage containers well labelled readily available for guests.
- Use the phone or email to invite guests.
- Use cloth napkins, cutlery and china. Avoid single-use. Don't be afraid to mix and match.
- Have storage containers ready for left-overs.
- Share ingredients. Sometimes you just need a pinch or part of a package, why not share spices with neighbours.
- Share the bounty. Make a plate or serving for someone who may not have the special meal or food

Create the feeling of abundance without all the stuff by giving of yourself. Give your time and love to others.

Zero Waste Canada would like to wish you a joyfull season. Join us RETHINKING CHRISTMAS, REDUCING AND REJOICING.

ZERO WASTE CANADA

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