



Free Sustainable Advent Actions



Use your decorations from last year
and avoid buying more decorations than you need.

Ways to Use this:

Cut each day out and put it in envelopes, a reusable advent calendar or create your own reusable one using materials found around your home. Spend time each day with your family discussing the day's sustainable suggestion and implement it in a way that meets your family's lifestyle.

These daily advents are suggestions and not expectations. Households and individuals have unique qualities and characteristics and some of these suggestions aren't relevant for everyone. On days that happen, just aim to have an open conversation and talk about alternate ways to reduce your holiday consumption.

Merry Advent!



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1
Use your decorations from last year
and avoid buying more decorations than you need.



2
Take your old Christmas cards and make new ones from what
you received last year.



3
Research and find out if your community has any sustainable living
stores and find some cute local gift ideas.



4
Put reusable cutlery in your lunchbox or
purse and keep it there all Advent.



5
Go for a walk with your family and look at the Christmas lights in
your neighbourhood. Bring a hot drink in your favorite thermos.



6

Bake something sweet or savoury with a family member using ingredients you already have.



7

Visit us at the Miracle on Main event downtown Milton and shop local from one of the many vendors who will be there.



8

Go for a hike with a family member or friend. Bring your dog if you have one. He'd love to join.



9

Text a family member or friend a friendly Christmas message letting them know you are thinking of them.



10

Ask Santa for bar soap instead of liquid soap. This could be a shampoo bar, some hand soap or even a bar body lotion. Then, Google how much bathroom waste ends up in our rivers and streams.



11

Make wrapping paper out of craft paper, old maps or newspaper.



12

Buy an experience for a friend or family member instead of a disposable object that will otherwise end up in the trash.



13

Buy at least one gift this Christmas from a local second hand store.



14

Put clothes that aren't really all that dirty back in your drawer and wear it one more time before you put it in the laundry basket



15

Read a book or magazine you already have for the second time or go to the library and borrow a book.



16

Try not to over order at a restaurant. Bring a resealable container in your purse or backpack. Avoid leaving excess leftovers for the waiter/waitress to clean up.



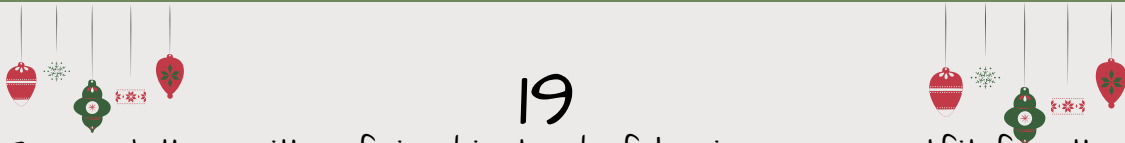
17

Find a toy or an old musical instrument from your own home and play it with a family member or friend. Reuse the games you already have.



18

Check out the app called "Too Good To Go" and order a meal or snack off of it.



19

Swap clothes with a friend instead of buying a new outfit for the holidays, or go to the second hand fashion store in town and check out their current styles.



20

Go around the house and turn off all the lights in rooms that nobody is currently using. Think about ways to conserve household electricity.



21

Donate food to a local charity, if you are able.



22

Plan a holiday meal out of the food you already have in your fridge and only purchase what you will eat. Challenge yourself to have as little food as possible go in to waste.



23

Go Christmas carolling or sing some songs with friends.



24

Clear the table for your parents or friends and help clean the kitchen. Chat about realistic ways that some mealtime habit changes could lower waste and also lower household costs.



Merry Christmas!