

Celebrating Sustainably



PennState
Great Valley

Background

- Between Thanksgiving and New Year's Day, the amount of trash produced in the United States increases by approximately 25% - that's about one million extra tons of garbage each week (enough to fill 140,000 garbage trucks every week between Thanksgiving and the New Year)
- Annually, Americans discard –
 - 38,000 miles of ribbon (enough to wrap around the planet with some left over for a bow)
 - \$11 billion worth of packing material
 - 15 million used Christmas trees



Background

- The equivalent of 30 million trees are used to wrap gifts during the holidays
- If every American family wrapped just three gifts in reused material, it would save enough paper to cover 45,000 football fields
- Holiday lights consume enough energy to power 400,0000 homes for a year



Halloween

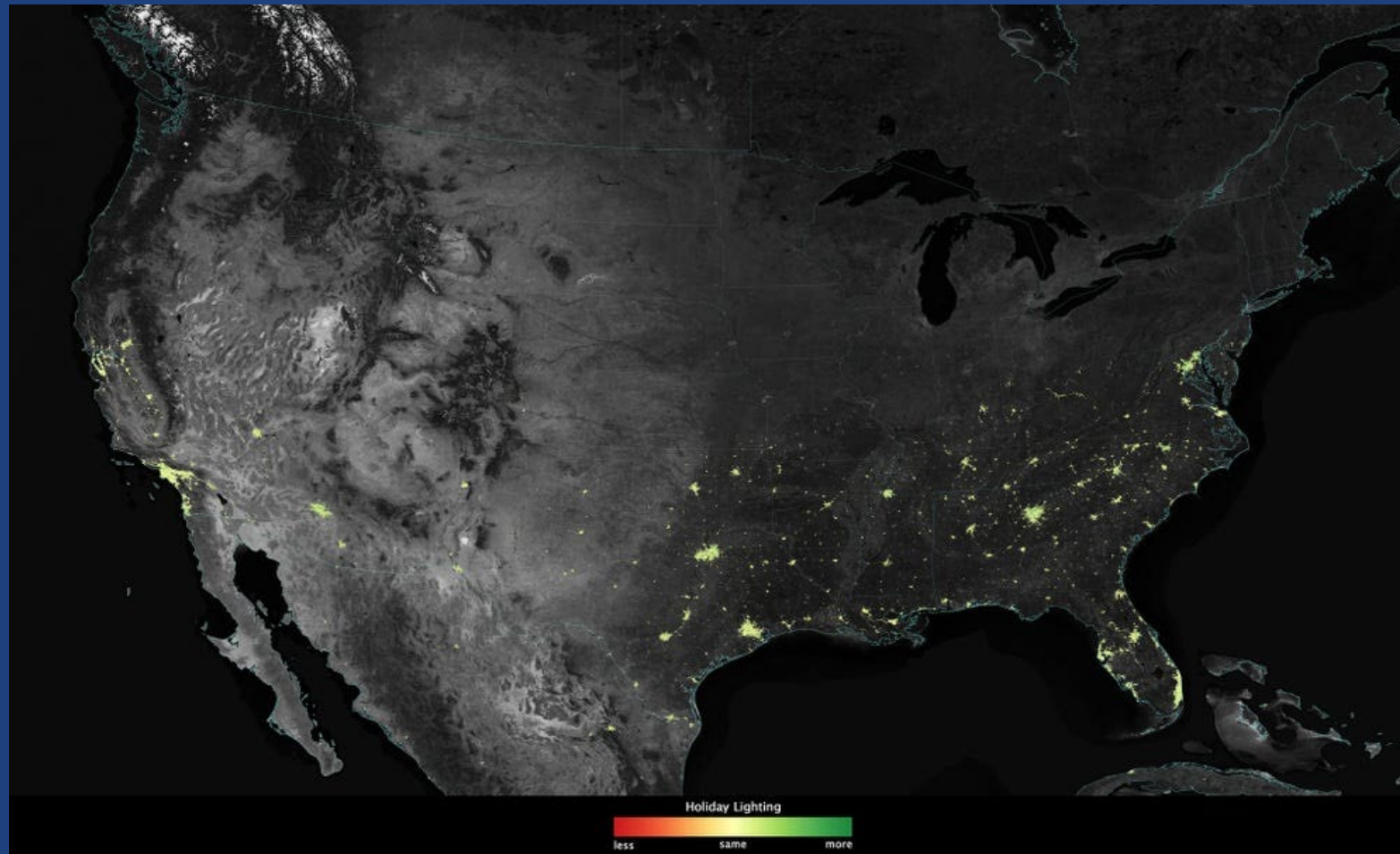
- In 2020 (COVID) Americans purchased 35 million NEW Halloween costumes
- DIY costume (repurpose items, thrift store)
- Trick or Treat Alternatives
 - Crayons
 - Hershey Kisses (let your trick or treaters know that the aluminum is recyclable!)
 - Canned Soda
 - Mint Tins (reusable and recyclable)
- 1.3 billion pounds of pumpkin goes to waste after Halloween each year



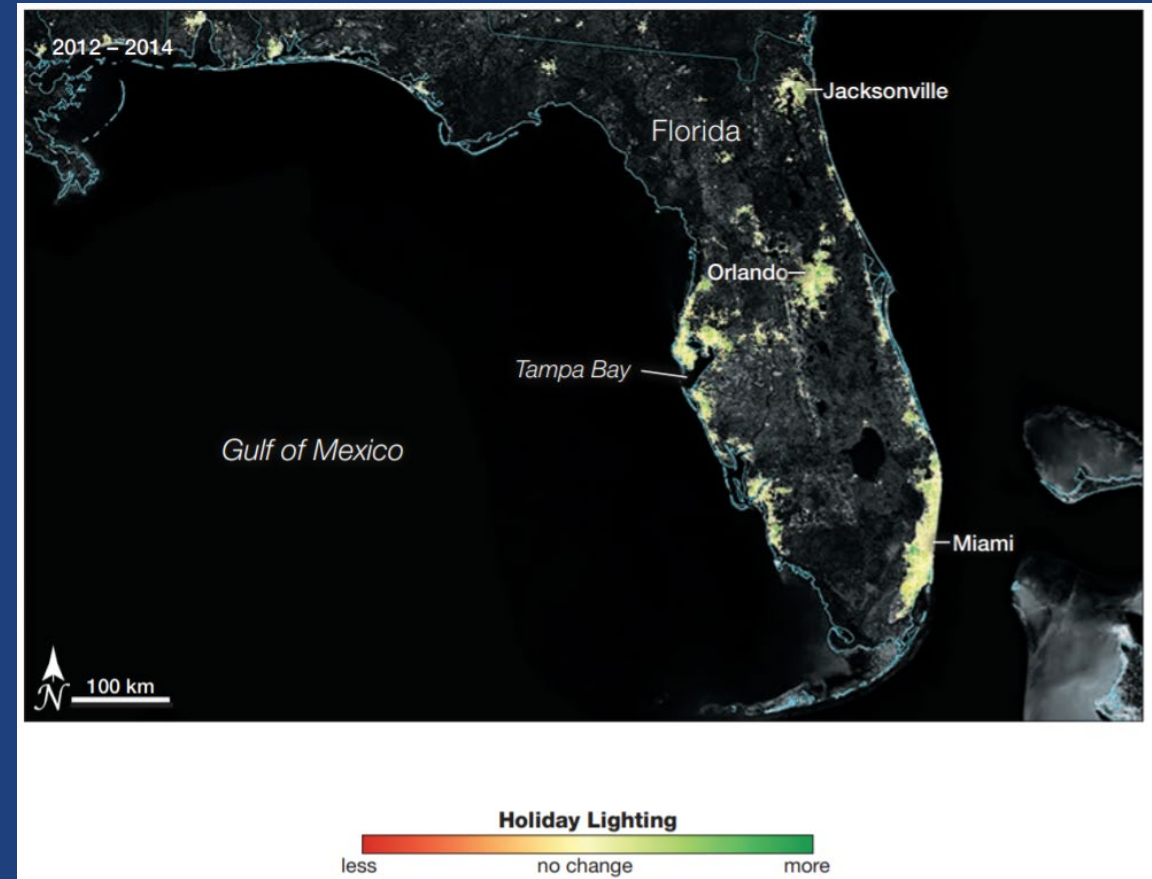
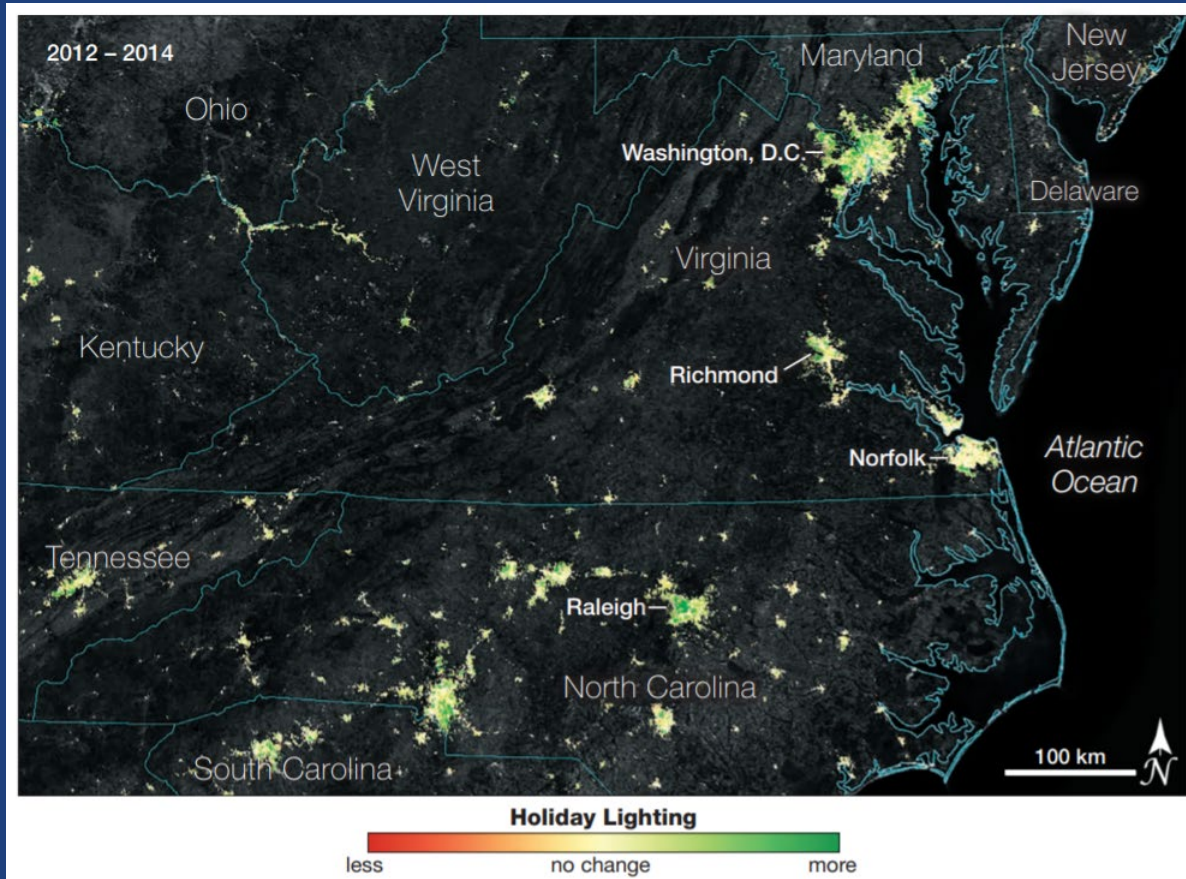
Décor: Lights

- NASA researchers found that nighttime lights in the U.S. shine 20-50% brighter in December
- NASA "Earth at Night" -

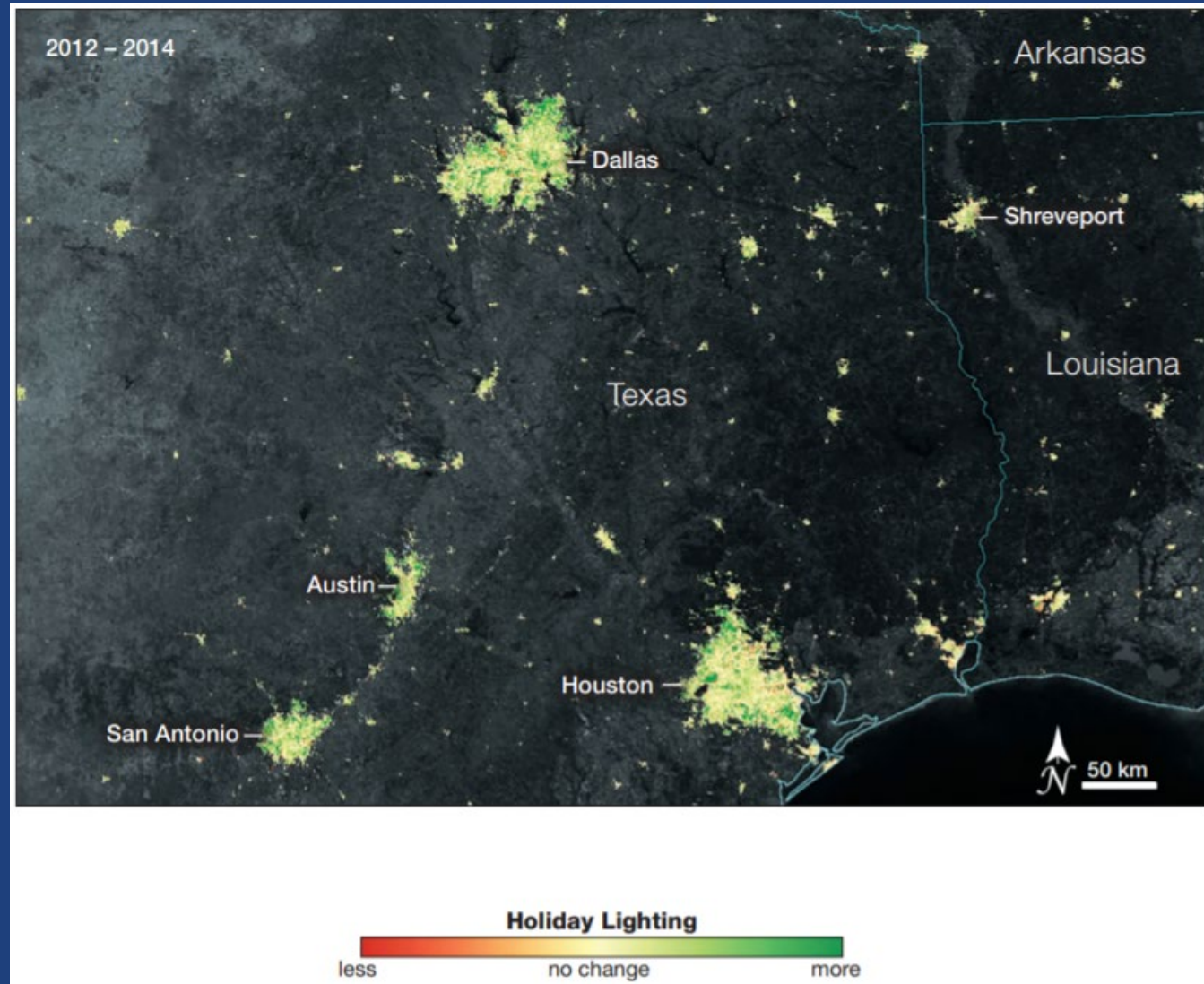
https://www.nasa.gov/sites/default/files/atoms/files/earth_at_night.pdf



Décor: Lights

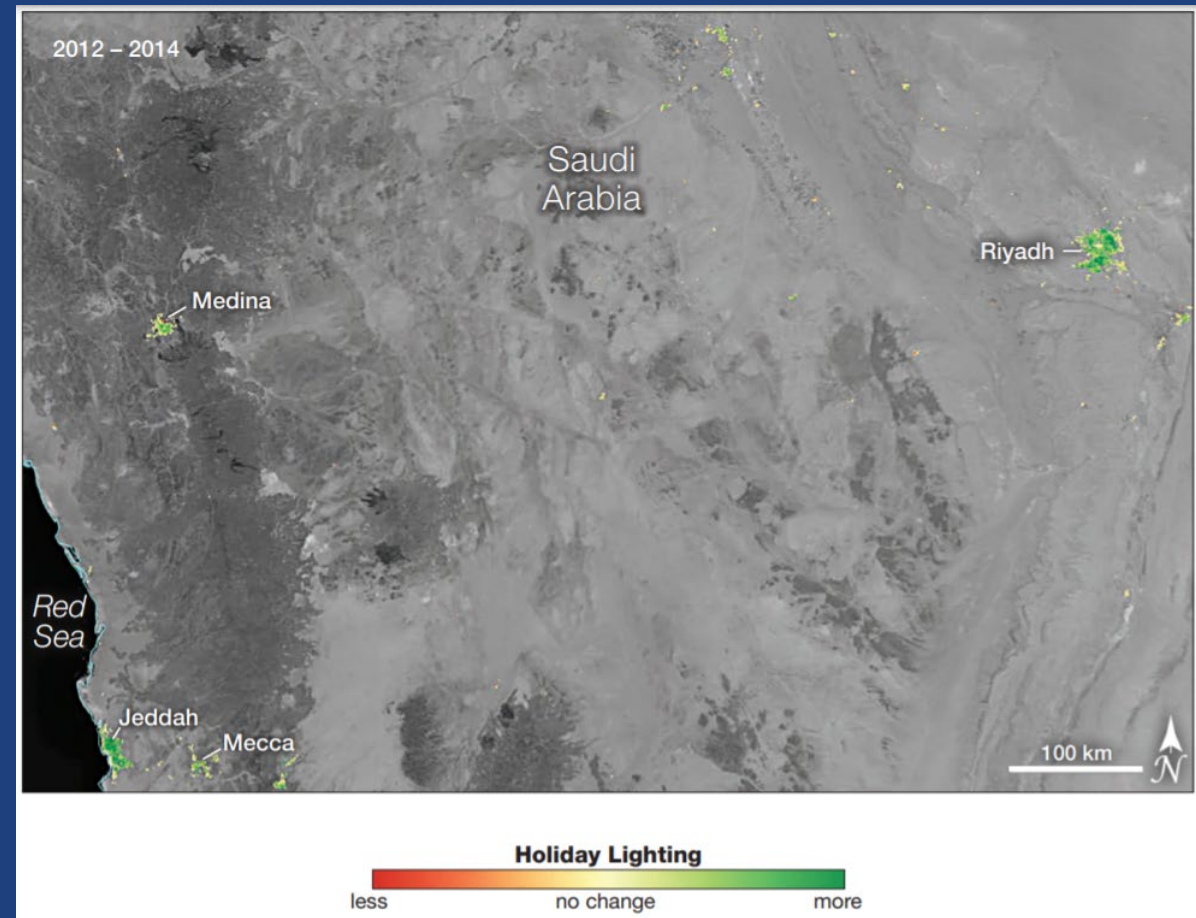
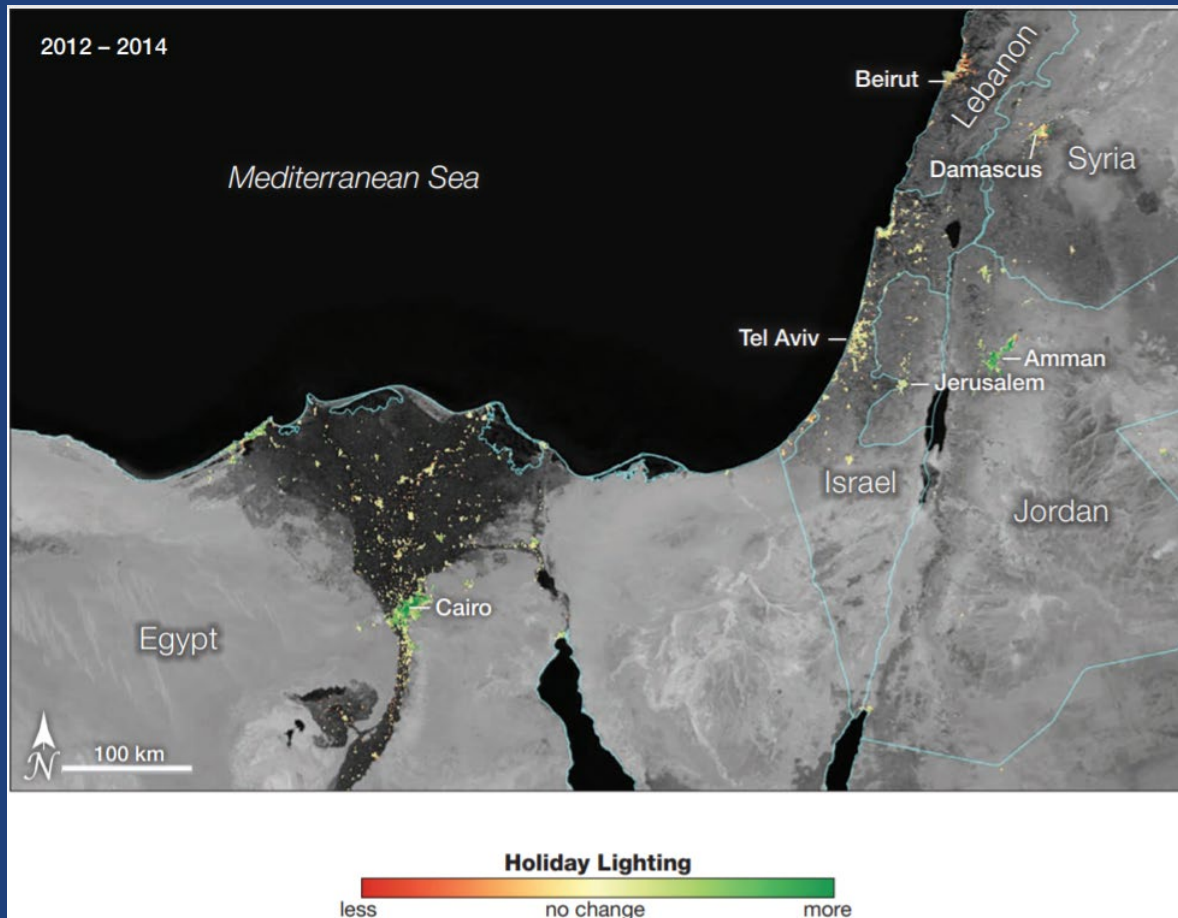


Décor: Lights



Décor: Lights

- NASA also noted a substantial increase in light pollution during Ramadan

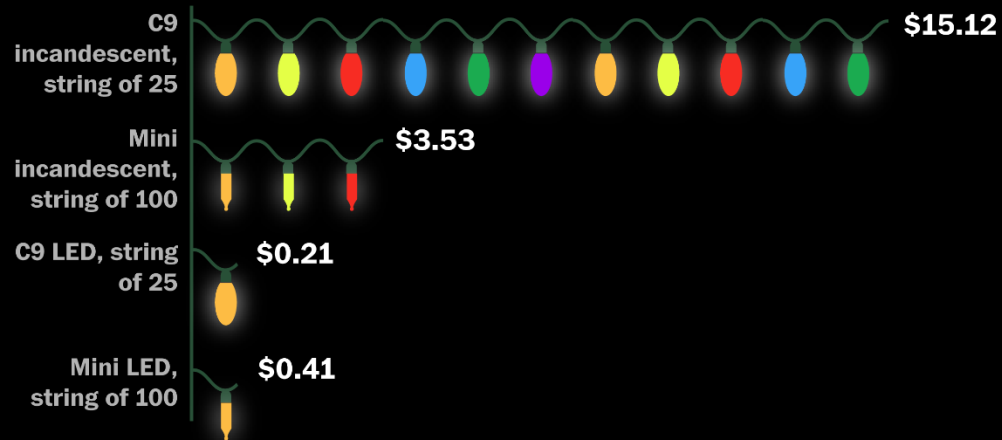


Décor: Lights

- Be careful with outdoor lights – disrupts natural wildlife
- LED string lights - – energy star qualified LEDs are 90% more efficient than traditional Christmas lights (and they last longer)
- Put your lights on timers (smart plugs are great)
- Check out solar powered options

The price of light

Approximate cost of running various strings of Christmas lights for an entire season (45 days at 12 hours per day, with an electricity price of 12 cents per kilowatt hour)



Items	Incandescent Watts	LED Watts
95 Icicle Lights	6,056	458
800 ft C9 String on Roof	5,600	768
500 ft C9 String in Yard	3,500	480
15 Strings for Walkway Trees	612	72
10 Strings for a Light Tree	408	48
30 Strings for Wrapping 2 Trees	1,224	144
150' Spool of Rope Light	378	120
5 Motifs	554	277
Total	18,332 = \$310.73	2,369 = \$40.15

Décor

- Take good care of your decorations, and re-use them year after year
- Upcycle
- Natural & DIY Décor
- Check Pinterest
- dried oranges, cinnamon sticks, berries, popcorn, old jewelry, acorns, evergreen branches, holly, berries, fresh fruit, twigs, bark, flowers, and herbs

An old doll house...



UPCYCLED

*Halloween
Wine Cork
Characters*



Don't throw out your leftover k-cups!

thekimsixfix.com



thekimsixfix.com



UPCYCLED HALLOWEEN CRAFTS!





VINTAGE BELLS

FROM RECYCLED SODA CANS



CHRISTMAS ORNAMENTS FROM OLD BOOKS

RECYCLART.ORG









Entertaining

- Send electronic invitations and make use of digital media
- Make recycling and compost bins accessible, and ensure guests know what goes where
- Adjust your thermostat (when entertaining and traveling)
 - Travel (Winter): 55 Degrees
 - Entertaining: drop the temperature by at least 3-7 degrees

thanksgiving

DINNER MENU

starters

Caprese Bites
Cheesy Garlic Pull Apart Bread
Prosciutto Wrapped Asparagus

entree

Herb and Citrus Butter Roasted
Turkey and Roast Turkey
with Herbes-de-Provence Rub

dessert

Gluten-Free Pumpkin Bars
Mini Sweet Potato Soufflés
Pumpkin Brookies

Let's make this Diwali joyous and bright,
let's celebrate in true sense this festival of light.



A DIWALI GATHERING

FOOD, FUN, AND FESTIVITIES

CELEBRATE WITH THE PATELS
NOV. 13, 2020, FRIDAY AT 6 PM

20 22

NEW YEAR'S COUNTDOWN PARTY

DECEMBER 31, SUNDAY
DOORS OPEN AT 8:00 PM

INFO@THEVINEYARD.COM
THEVINEYARD.COM

THE TAKAHASHI'S

Sweater Weather Together!

THE FLUFFIEST, UGLIEST, FUNNIEST, AND
ITCHIEST SWEATER WILL WIN BE CROWNED THE
COZY CHRISTMAS CHAMPION

A MEETING LINK WILL BE
PROVIDED TO LOVED ONES WHO
CAN'T PHYSICALLY BE THERE

December 25 | 6PM
123 Anywhere St., Any City

Get ready to get cozy!

Temperature

- Humans generate heat at a rate of approximately 250 BTU (British thermal unit)/hour at rest. The more active the people at your party are, the more heat they'll generate.
- The load capacity for an HVAC system is based on occupancy. For residential homes, the standard rule is one occupant per bedroom + one. For example, for a three-bedroom house, we'd calculate the load based on four occupants.
- In addition to generating heat, we add to the humidity inside of a building by releasing water vapor into the air when we breathe.
- The oven and stove heat the kitchen and adjacent rooms, plus cooking on the stove and running the dishwasher can release humidity into the air. When the humidity goes up inside your home, it feels warmer and more uncomfortable.
- Adjust your thermostat (when entertaining and traveling)
 - Travel (Winter): 55 Degrees
 - Entertaining: drop the temperature by at least 3-7 degrees

Add organic, local, and healthy foods to your holiday feast.

What's in Season in **Fall** in Pennsylvania?

Vegetables

Broccoli • Brussel Sprouts • Cauliflower • Celery • Garlic • Green Cabbage
Kale • Potatoes • Pumpkin • Red Beets • Red Cabbage • Sweet Potatoes
Turnips • Winter Squash

Fruits

Apples • Concord Grapes • Tomatoes



What's in Season in **Winter** in Pennsylvania?

Vegetables

Broccoli • Brussel Sprouts • Cabbage • Cauliflower • Red Beets
Sweet Potatoes • Turnips • Winter Squash

Fruits

Apples



Entertaining

- Avoid disposables!
- Use smaller plates to discourage food waste
- Get creative with packaging – use re-useable containers, tinfoil over plastic wrap
- Encourage guests to BYO leftover containers



Entertaining

- Avoid individually-packaged drinks (make pitchers or punch bowls full of drinks)



Holiday Cards

- Each year, an estimated 2.6 billion holiday cards are sold in the U.S – enough to fill a football field 10 stories high!
- Consider Sustainable Options – e-card, seed card, cards made from recycled paper, make your own cards
- REPURPOSE – cut off the front of holiday cards you receive and use them as gift tags for next year



Gift Giving: Experiential Gifts

- We generally think material gifts will make our friends and family happy. This is likely because our culture (advertising, TV, movies) depict the “Christmas experience” as something to physically unwrap
- In reality, we tend to derive greater happiness from experiences.
 - Happy memories endure while the value of material possessions fade
 - Experiences build our connection to ourselves (even negative experiences become part of our identity) and to others (giver and recipient, or those experiencing the gift together)
 - Anticipation - in the “waiting for merlot” study, scientists found that levels of excitement were considerably higher when anticipating an upcoming experience as opposed to a material gift



Gift Giving: Experiential Gifts

- Memberships (health club, swim club, spa, zoo, amusement park, museum, national park pass)
- Classes or lessons (cooking, dance, art, hobbies)
- Services (massage, hair treatment, babysitter, professional organizer, manicure/pedicure)
- Tickets/entertainment (concert, theater, sports)
- Gift card (restaurant, grocery store, seeds,)
- A “coupon” for something (like time, dinner and a movie, a massage, baby-sitting, taking out the garbage, doing the dishes, cleaning the house, cleaning the car, etc.)




Gift Giving

- Consumable Gifts
- Preserved fruit, jams/jellies, dried fruits, nut mixes, canned goods, infused oils or vinegars, limoncello
- Self-care products (scrubs, balms)
- Give homemade/home cooked meals or desserts
- Gifts that encourage others to live more sustainably
 - a book about repurposing
 - a cookbook for leftovers
 - reusable water bottles or containers
 - seeds



Gift Giving

- Shop local and fair trade (minimize footprint, support local economy)
- For clothing – attempt to purchase items that are made from natural fibers



SHOPPING
SMALL
SUPPORTS
A BUSINESS
AND A
DREAM

Returns

- Americans are returning far more than we did in the past (95% more than we did five years ago)
- Free online returns increase the temptation to purchase more than we need and send back what “doesn’t fit”
- This practice has created tremendous costs for large companies who foot the bill for inspecting a product once you return it. Was it damaged? Did you spill on it or wrinkle it? Is there hidden damage that is not apparent to the naked eye?
- For certain products and companies, it's actually easier and cheaper to trash the item than to put it back on shelves
- A lot of clothing companies have been caught destroying last year's goods and excess merchandise because they do not want to flood the market with discounted products or donate their surplus to populations outside their target demographic
- What can you do?
 - Be thoughtful with your purchases and try to avoid returns – many items that are returned go straight to the landfill. While less convenient, it's better to re-sell these items on Craigslist or Facebook.
 - Speak up! Ask what they're doing with returns and encourage them to donate or recycle those products



Gift Giving

- Monetary donation to a local charity in someone's name
- Invest in your family and friends – contribute to a child's savings account, education, IRA, give them a U.S. savings bond



Gift Giving

- Assemble a collection of family recipes (bonus points: put them together electronically)
- Normalize PRE-OWNED (upcycled or purchased outright)
 - for kids – “dress up box”
 - certified pre-owned
 - pass on a favorite book, plant start, or antique
 - combine a pre-owned treasure with a local product (example: vintage glassware with a bottle of gin from a local distillery)



Packaging

- Make the packaging part of the gift (for example - wrap in a scarf, blanket, kitchen towel, put your gift in a flower pot or a jar, put cooking gifts in stock pot or mixing bowl)
- Used newspaper or magazine pages, old maps, old posters, children's artwork
- Opt not to wrap gifts and hide them instead, using clues (treasure/scavenger hunt)



Packaging

- Ribbon Alternatives – draw your ribbon, reusable cloth ribbon
- cloth gift wraps
- tins, baskets, boxes
- carefully open your gifts and re-use gift wrap, bag, and boxes where possible
- carefully measure your gifts when using wrapping paper – only use what you need



Proper Disposal: Halloween

TRICK  OR TRASH

 **TERRACYCLE** **ZERO** 
WASTE BOX

Proper Disposal



- Sell, re-gift, or give away unwanted items
- Plan a re-gift swap with family and friends
- Recycle old Christmas lights!
 - [MOM's Organic Market](#) accepts holiday lights that are run-down, well-used, and not-working at ALL locations (Bryn Mawr is closest location to campus)
 - Capitol Asset Recycling collects all lights and breaks them down through smelting or shredding to recover raw commodities. These raw commodities are then used to create roofing and construction materials, piping, car batteries, other electronics, lead wheel weights, flatware, jewelry, and more.
 - FYI MOM's is committed to protect and restore the environment. Their recycle center ALWAYS accepts cell phones and tablets, batteries, compost, eye glasses, shoes, oyster shells, and natural cork. They also hold an annual denim drive. Check their website for details on their sustainable initiatives.
- You cannot recycle metallic and plastic wrapping paper

Christmas Trees

- More than 95 million American households deck the halls with a Christmas Tree.
- About 80% opt for faux firs



Christmas Trees

- What's more sustainable – real or fake? REAL!
- Real Trees:
 - A 5-6 ft tree takes about a decade to grow
 - Once cut down, the farmer will generally plant at least one tree in its place
 - The trees provide benefits to the environment as they grow - cleaning the air and providing watersheds and habitats for wildlife.
 - Trees grow best on rolling hills that are often unsuitable for other crops and they're biodegradable!
- Fake Trees:
 - Most artificial trees are made from PVC and steel and are shipped from China to various locations throughout the world.
 - Have a faux tree? All hope's not lost! The National Resource Defense Council estimates that you will need to use your tree for about 20 years to offset its eco-impact. Make sure you take good care of yours!



Christmas Tree Alternatives

- Opt for a living Christmas tree or Norfolk Island Pine
- Have house plants? Light them up!
- Rent a tree
- Sustainable faux tree alternatives



Christmas Trees: Disposal

- Many townships collect Christmas trees for composting. Contact your township to learn about disposal options.
- Ask around – local farms may take your trees for goats or chickens
- [Philly Goat Project](#)
 - \$20 donation for Awbury Arboretum in Germantown
 - The goats devour evergreens in about 20 minutes.
 - Their favorite tree is Douglas Fir (soft needles).
 - The leftovers are used as wood chips or compost in the arboretum.



Travel

- Carpool
- Take public transit
- Pack snacks at home instead of purchasing food at rest-stops or fast food restaurants
- Buy carbon offsets



Giving Back

- Adopt-a-Family
- Be an Elf (beanelf.org)
- Project Linus
- Angel Tree
- Make a Wish Foundation





SUSTAINABLE DEVELOPMENT GOALS

17 GOALS TO TRANSFORM OUR WORLD

<p>1 NO POVERTY</p>	<p>2 ZERO HUNGER</p>	<p>3 GOOD HEALTH AND WELL-BEING</p>	<p>4 QUALITY EDUCATION</p>	<p>5 GENDER EQUALITY</p>	<p>6 CLEAN WATER AND SANITATION</p>
<p>7 AFFORDABLE AND CLEAN ENERGY</p>	<p>8 DECENT WORK AND ECONOMIC GROWTH</p>	<p>9 INDUSTRY, INNOVATION AND INFRASTRUCTURE</p>	<p>10 REDUCED INEQUALITIES</p>	<p>11 SUSTAINABLE CITIES AND COMMUNITIES</p>	<p>12 RESPONSIBLE CONSUMPTION AND PRODUCTION</p>
<p>13 CLIMATE ACTION</p>	<p>14 LIFE BELOW WATER</p>	<p>15 LIFE ON LAND</p>	<p>16 PEACE, JUSTICE AND STRONG INSTITUTIONS</p>	<p>17 PARTNERSHIPS FOR THE GOALS</p>	

Closing Thoughts

- Set boundaries and expectations around the holidays. The perfect holiday does not require excess. It requires presence.
- One thoughtful gift is better than ten wrapped packages of unwanted gifts. Put in the time and energy to select gifts of value, purpose, and meaning.
- In the spirit of the holiday season, consider ways that you can help those who are less fortunate.

Thank you!

Happy Holidays!