

OMF W.I.S.E ~ First Friday Facts

Holiday Sustainability Tips!

Americans throw away 25% more trash during the Thanksgiving to New Year's holiday period than any other time of year. The extra waste amounts to 25 million tons of garbage, or about 1 million extra tons per week.

Did you know there are many ways to enjoy the holidays without all the waste?

- **Donate to the Oregon Zoo enrichment program and give a gift to a critter:** Many items from your basement, such as Rubbermaid trash cans, toilet paper rolls, spoolies, large appliance boxes, laundry baskets, sugar-free Kool-Aid, carabiners, tennis balls, cedar logs, shredded paper, canvas tents, Frisbees, hula hoops, fruit, disco balls, hard hats, box and oscillating fans, clean fill dirt and more can either be used for toys for the animals or used in general zoo maintenance. Or make paper mache prey for the tigers and lions. Call Oregon ZooGuides at 503-226-1561, for more information and a full list.
- **Shopping:** Shop at antique stores or flea markets. One person's trash is another person's treasure! Give homemade food or something you've made yourself.
- **For the kids:** When buying electronics, buy rechargeable batteries to go with them. Instead of wrapping presents, hide the presents and plant clues for a treasure hunt.
- **Shipping:** When buying gifts to ship, pick items that won't require excess packaging. Reuse packaging cartons. Call The Plastic Loosefill Council's Peanut Hotline at 1-800-828-2214 for name of local businesses that reuse peanuts. They might offer a discount on shipping, too.
- **Wrapping:** Did you know that if every family reused two feet of holiday ribbon, the 38,000 miles of ribbon saved could tie a bow around the entire planet? Another idea is to use A "Hollywood box:" individually wrap or decorate the top and bottom of a box with a separate lid. Encourage the recipient to reuse the box. Or use last year's holiday cards cut up for gift tags.



Gift ideas: Recent polls have shown that people want to have more personal fulfillment and a less-stressful holiday season. Sometimes the most treasured gifts we can give are our time, love and energy.

More Gift Ideas: Give an experience (for example, a ride in a hot air balloon or day trip on a train). Give a garden! Seeds, gloves, tools, etc. Avoid the trap of "How much should I spend?" Buy durable gifts with long-term warranties.

Recycle: If you purchase new computer equipment, recycle your old equipment at Free Geek, a local non profit computer recycling program. They can be reached at (503) 232-9350.

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