# December 2025

**DECEMBER** is a time for reflection about the birth of our Lord Jesus Christ, but we can also think about the environment.
Here are some ecofriendly tips to consider for the month:

Use **public transport** to reduce your carbon footprint and avoid having to de-ice car.
Carry a **reusable mug** to reduce single-use plastics and support eco-friendly coffee shops.



**Gifting an experience** will help to reduce demand for physical resources and avoids filling homes with unwanted presents. Or why not **support WWF's work** by choosing to adopt your receiver's favourite animal.
If your receiver has a garden, consider buying plants/bulbs/seeds for their garden or even a houseplant.

**Avoid single-use plastic items** (especially glitter – definitely no glitter) that can't be recycled and look for things like Fairtrade or Organic-certified food and clothing. Buying **second-hand items** saves on resources needed to make new products, helping to reduce emissions and create a more sustainable future. **Vintage** clothes, books, home furnishings, and **refurbished** technology can all make great sustainable gifts.



Create your own **natural wreath** using local materials like holly sprigs and ivy trails.

**Cut waste food by planning** - be realistic about how much food you need and use up leftovers. Use Tupperware (and reuse plastic food containers saved after takeaways), and wax cloth covers to keep leftovers nice and fresh!



**Make your own crackers** and fill them yourself with sustainable options (like chocolates) and personalised festive favours. Make up your own jokes.

**Use material tablecloths and napkins**, they have a longer lifecycle than their paper equivalents as you can wash and keep them. Washing on a quick wash setting at lower temperatures will help to reduce your environmental footprint too.

# January 2026

**JANUARY** is a great time to start making eco-friendly changes in your daily life. Small changes grow into big changes, so start small and let your Eco-Friendly life begin.

- Avoid putting warm or hot food into the fridge or freezer – allow the food to cool down first to **save energy**.
- **Use reusable containers** such as Tupperware or old takeaway tubs
- **Eat less meat**. I'm not telling you to stop eating meat, just to consider eating less to lower you carbon footprint. I love meat but do try to eat 2 meals a week that do not contain meat. We do after all need to support our farmers.
- **Talking about farmers** – try to buy local produce to reduce emissions and support the local rural community. Nearby Farm shops include
  - Brook House Farm Shop on Wilmslow Road, Macclesfield,
  - Nixons Farm Shop at Outwood Farm on Bolshaw Road, Cheadle
  - Norbury Farm Shop in Hazel Grove



Make '**enjoying nature'** your priority. Enjoy a walk in your local park, join in the Big Garden Birdwatch (see Eco News for how to join in), write about what you see or drawing something that inspires you in nature, grow your own fruit or vegetables, or exploring an area of outstanding natural beauty in the UK, be sure to fall in love with nature in a new way in 2026 and allow it to lead your thoughts towards God our Creator.

These tips can help you make a positive impact on the environment during Advent Christmas and into January. Remember to spread joy without harming the planet!
Every small change adds up to a big impact on the planet

MERRY CHRISTMAS & A HAPPY NEW YEAR