

Green Committee Newsletter

December 2022!

As Christmas time approaches, it is important to remember that while it's a time to have fun and relax, it is also very easy to forget about the environment and climate crisis! There is so much waste created over Christmas, but there doesn't have to be. Here, we have some tips to help you have a more sustainable Christmas!

Christmas recipes and food tips!


At this time of the year, it is normal for people to overshop! People buy food for Christmas dinner and parties, but unfortunately Irish households throw away 50% more food at Christmas than during the rest of the year! This amount of waste is very unsustainable and results in a loss of €42 million every Christmas! However, there are ways to combat this food waste...

1. **Plan!** One of the biggest reasons for food waste is bad planning! If planning a party, make sure to know;
 - How many people are coming?
 - Plan the size of your main dishes; turkey, ham, etc.
 - What foods you will serve, and make sure you buy them close to the main day so they will not be expired by the time you need them!
2. **If cooking for a small amount, buy small amounts of food! -**
 - If you are cooking for a small gathering, there's no point in buying huge bags of vegetables, potatoes or whole turkeys! Instead, buy loose vegetables and small parts of turkey, like turkey breast or thigh.
3. **Avoid unnecessary deals!**
 - Do you really need the 4 boxes of mince pies? Shops will try and convince you to buy more things than you actually need, and this leads to a massive

amount of food waste! When shopping, keep in mind to try and buy only what you need, not what shops want you to buy!

Some recipes for leftover food!

<https://www.bbcgoodfood.com/recipes/ham-turkey-pie>






Next level turkey & ham pie

By [Barney Desmazery](#)

★★★★★ 41 ratings [Rate](#) [32 comments](#)

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 Prep: 40 mins  More effort  Serves 10-12

Cook: 1 hr and 15 mins

Use up the Christmas leftovers to make this hearty, deep-filled turkey and ham pie. You could use shop-bought pastry but nothing beats homemade

<https://www.bbcgoodfood.com/recipes/refried-roastie>



Refried roasties

By [Sophie Godwin – Cookery writer](#)

★★★★★ 5 ratings [Rate](#) [1 comment](#)

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 Prep: 5 mins  Easy  Serves 4-6

Cook: 10 mins

Use up potatoes left over from Christmas and make these refried roasties with pickled onions and thyme. Ideal for a Boxing Day buffet

<https://www.bbcgoodfood.com/recipes/cheeseboard-macaroni-cheese>



Cheeseboard macaroni cheese

By [Elena Silcock](#)

★★★★★ 30 ratings [Rate](#) [6 comments](#)

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⌚ Prep: 10 mins Easy Serves 4
Cook: 50 mins

What better way to use up your cheeseboard after a dinner party than with a creamy mac 'n' cheese supper? Easy comfort food for a busy weeknight

<https://www.bbcgoodfood.com/recipes/chocolate-sundaes-pear-christmas-pud>



Chocolate sundaes with pear & Christmas pud

By [Cassie Best](#)

★★★★★

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⌚ Prep: 15 mins Easy Makes 4
Cook: 5 mins

Use up leftover Christmas pudding or cake with these decadent, boozy sundaes, drizzled with a chocolate orange sauce and finished with toasted chopped hazelnuts

<https://www.bbcgoodfood.com/recipes/mince-pie-brownies>



Mince pie brownies

By [Lulu Grimes](#)

★★★★☆ 25 ratings [Rate](#) [13 comments](#)

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⌚ Prep: 35 mins Easy Makes 16
Cook: 30 mins

Combine two favourites in this clever mash-up of brownies and mince pies. These sweet treats will prove a big hit throughout the festive season

Follow these tips to have an enjoyable and sustainable Christmas!

Fires and lights at Christmas

This winter we should all be conscious of the negative impacts of lighting fires in your house. Although they are lovely and cosy, fires have a very negative impact on the environment. When you burn wood or peat in your fire it emits air particles that are extremely harmful to your health and can lead to heart disease, pneumonia, strokes and cancer. These particles stay around your living room and are emitted out into the environment. This Christmas, try and keep your fires to a minimum not only for the environment but for your health as well!

As well, this Christmas try to avoid leaving your Christmas lights on during the day, overnight or when you are out of the house. As we all know there is an energy crisis right now and we cannot be wasting energy. As well as that, lots of Christmas lights aren't made to be kept on for long durations of time and therefore when left on they can catch on fire. This is obviously a huge danger and very harmful to the environment. Also, try to use LED lights as they are more energy efficient and environmentally friendly!

Christmas Wrapping

On average, it takes six mature trees to make a single tonne of paper. This means approximately 50,000 trees are used to make the 8,250 tonnes that are used at Christmas.

As a result, what has a limited enjoyment factor can have long-lasting damage to the environment because it's made from multiple trees and can't be recycled.

Simply switching to recyclable brown packaging paper and string eliminates the need for wrapping paper and Sellotape (which isn't recyclable). It also means that the paper can be used again for other gifts or sending regular presents! Many shops like Penney's sell recycled wrapping paper, strings and ribbons.





Hello everyone!



Hello everyone, today I will be discussing sustainable Christmas trees! Enjoy and Merry

Christmas!



Which Christmas tree is the most sustainable?

Artificial Christmas trees: are made from metal and plastic, which means they take a lot of resources and energy to produce. Additionally, it's almost impossible to recycle an artificial Christmas tree. Many times artificial trees are also made with polyvinyl chloride, which is one of the most environmentally damaging types of plastic.

Real Christmas trees: are grown as a crop with the purpose of being cut down. It takes around 8 to 10 years for trees to reach an acceptable height for selling. During that time, they provide a habitat for wildlife. Plus, the soil they're growing in can actually absorb about 10 times as much carbon as the actual tree. Many would suggest that you should replant your tree once Christmas is over, which will allow it to continue to absorb carbon dioxide, produce oxygen, and provide a home for animals.

Overall, real Christmas trees have a smaller carbon footprint, and are therefore better for the environment than fake ones. 🌲 🌲 🌲



Thank you so much for reading the newsletter, and have a Merry and Sustainable Christmas! ❄️ 🧑‍🎄 🌲 📺