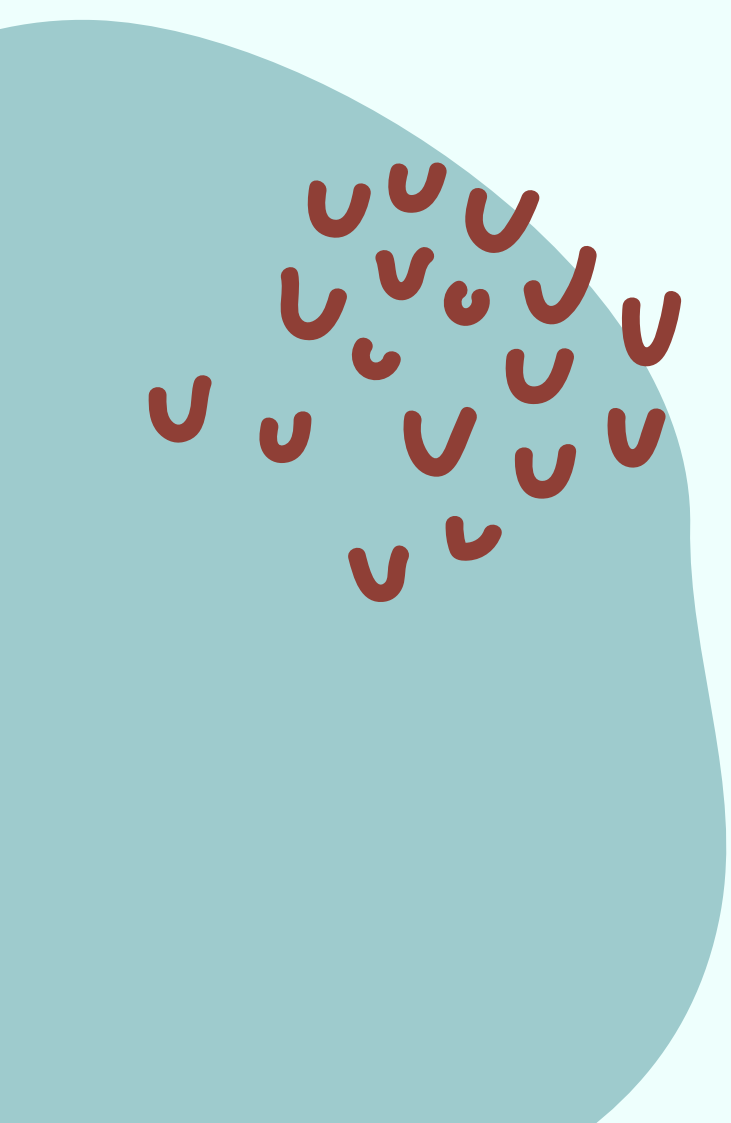
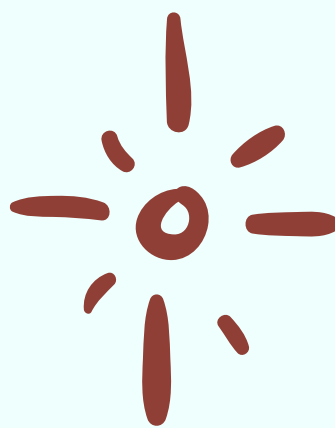


# Sustainable Christmas guide



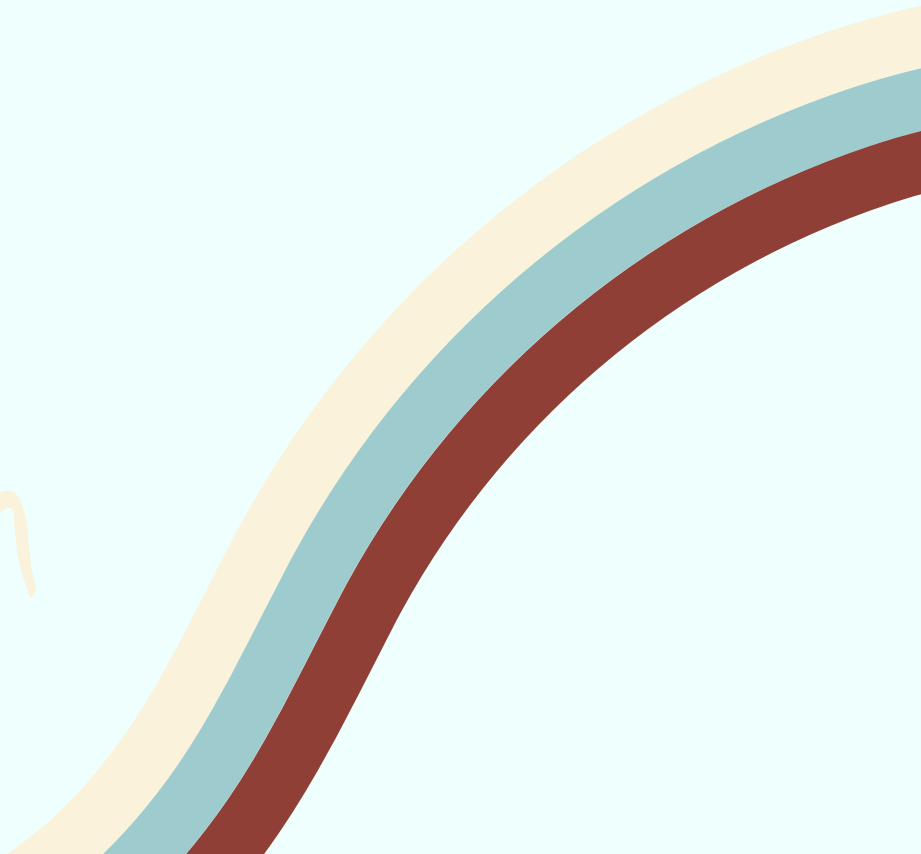
By

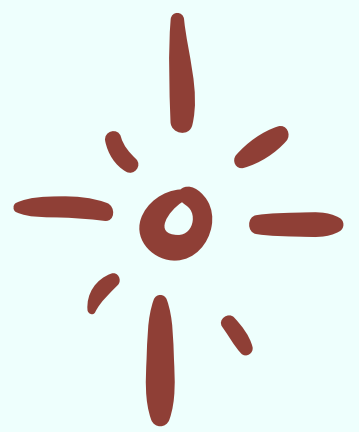
Genuinely Blue



@genuinelyblue

[www.genuinelyblue.com](http://www.genuinelyblue.com)





# Hello!

I am so happy you have taken the decision to download this **FREE Sustainable Christmas Guide**.

By going through this PDF, you are already **one step closer** to having a more sustainable Christmas, so I hope you are proud of yourself!

Christmas is the **biggest holiday** of the year but as wonderful as it is for us, it is the **worst time for our Planet...**



# So, how can you help?



First of all, think of the 7 R's:

Rethink - Refuse - Reuse - Regift

Repair - Rent - Recycle



## Pick one or multiple

Every little change you make to be more earth-friendly this Christmas makes a **positive impact**, no matter how small it may be.

## Let's get started!

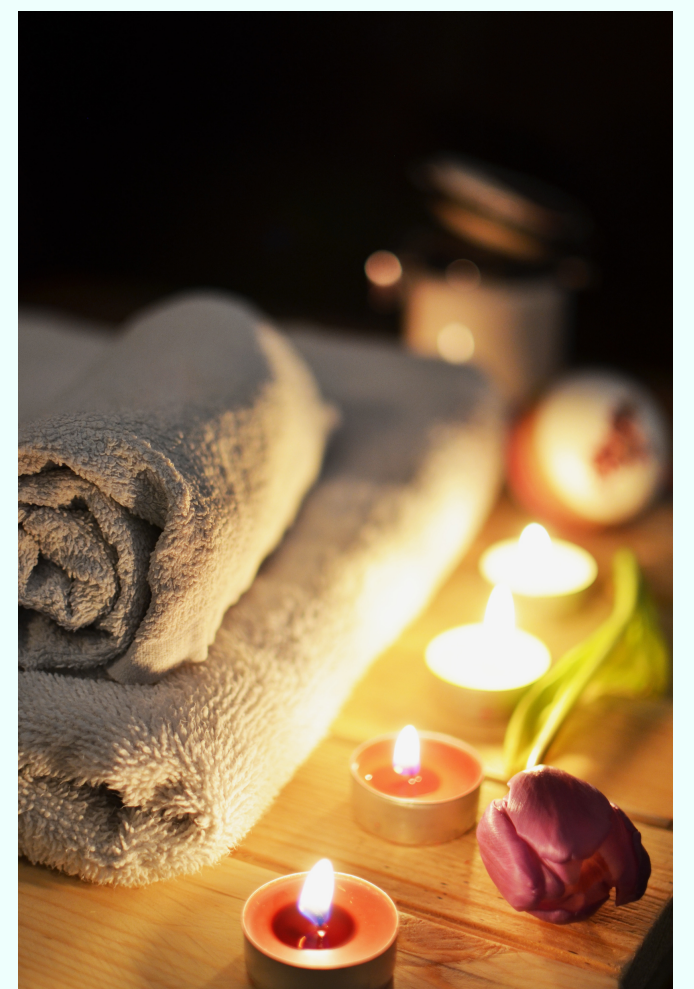
# Sustainable gifts



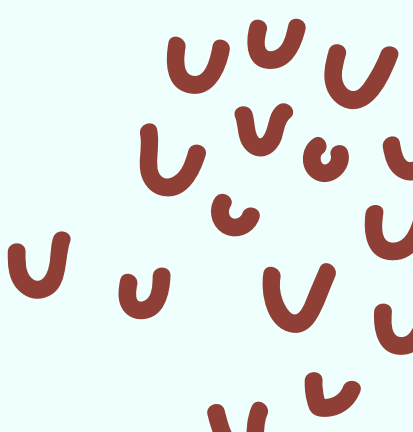
## GIVE AN EXPERIENCE

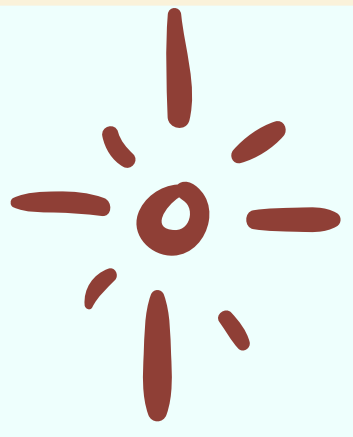
For me, memories always win over material things!

- A night away;
- Wine tasting;
- A spa day;
- A nice dinner;
- A sailing day;
- A guided hike;
- A ski lesson;
- A pottery lesson;
- A dance class;



There are honestly so many options!  
*Collect memories, not things.*





## ADOPT A WHALE/DOLPHIN



Me being me, suggesting to adopt a whale or a dolphin is my go-to.

But whatever animal you would like to "adopt" there are so many organizations out there that would be so grateful to you.

With some its a one-time payment, with others you can pay as little as \$3 per month.

You will receive news and updates about the individual animal you have adopted and will be **supporting the organization** through your donations

**Some of my favourites:**

[Whale & Dolphin Conservation \(WDC\)](#)

[Ric O'Barrys dolphin project](#)

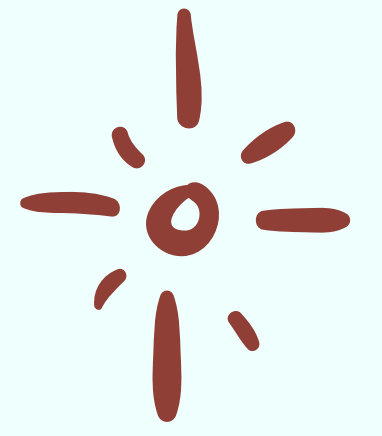
[WWF](#)

[The Orangutan project](#)



# ORGANIC BEAUTY PRODUCTS

For every product you are using in your daily life, **there is a sustainable alternative.** We just have to be a little less lazy and give it that extra little search.



# SUSTAINABLE HOME ITEMS

It's time to update our houses and switch all those plastic things with sustainable alternatives! From your cleaning sponges, to your towels and your bathroom utensils, **its all there!**

**Some of my favourites:**

[Mind the trash](#)

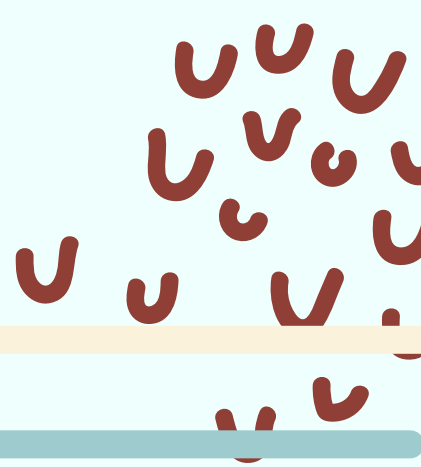
[Lunette](#)

[Sustainable tomorrow](#)

[Upcircle](#)

[Georganics](#)

[Sand Cloud](#)



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# CLOTHING FROM SUSTAINABLE BRANDS

There are so many good options for us to all thrift and buy second hand, but sometimes we want to buy something new. When that happens, we have to make sure we are buying from a **sustainable brand!**

Everything you may need is out there! You just need that initial extra effort to search those **new options.**

## Some of my favourites:

[800okicks](#)

[Othersea bikini](#)

[Girlfriend collective](#)

[Sand Cloud](#)

[Wolven](#)

[One choice apparel](#)

[Organic Basics](#)

[Tidal Tees Apparel](#)

# EVERYDAY ITEMS & SMALL BUSINESSES

There are so many items in our **everyday life** that we can switch to being more sustainable!

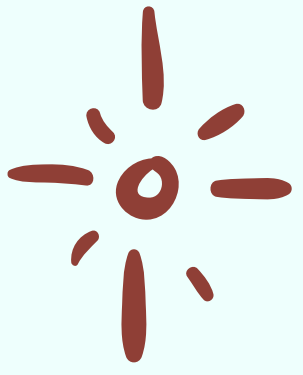
[Phone cases](#), [speakers](#), [bottles of water](#), [flasks](#), [bags](#) and [towels](#)!



You can also find the work of so many **small businesses** on [Etsy](#), as well as so many unique [sustainable gifts](#)!

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# Sustainable decorations



## RENT A CHRISTMAS TREE

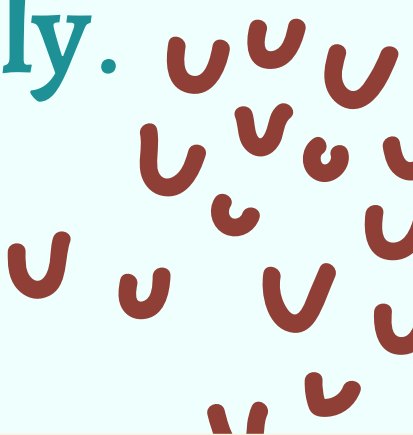
There are so many places that offer this nowadays. After the Christmas period, they then pick it up, **replant it** on their farm and get it all ready for the next year!



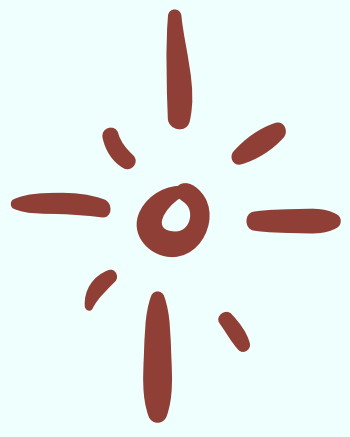
## BUY A TREE SECOND-HAND OR REUSE



Another option is to buy an **artificial tree second-hand** (at least we are giving one another life) or simply keep using yours until it's **no longer usable**, not just until you get bored of it. When it does come to the end of its life, **dispose of it correctly.**







## USE LED LIGHTS

Just imagine how much **energy** is used to power all these Christmas lights!

- Switch to **energy-efficient LED lights** which use 80% less energy;
- Use **solar-powered lights** for the outdoors;

## USE NATURE & GET CREATIVE

Make the most of our beautiful nature.

Go outside, pick up some leaves & some pine cones! There are so many **DIY projects** we can all do at home.



## SOY OR BEESWAX CANDLES

"Normal" candles are usually made with **paraffin wax**, which is a byproduct of petroleum refining. When burned, it releases toxic chemicals into the air. Stick with **natural ingredients** instead!

## PLANTABLE CARDS

It can be very fun to buy **sustainable paper** and make your own or buy plantable cards! When the person is done with it, it can be put into a **pot and grow** into something.



# Sustainable wrapping

## CLOTH WRAPPING

Reuse cloths or pieces of textiles and make your **wrapping unique**.



## BROWN AND/OR RECYCLED PAPER



Make it **sustainable & unique**. Decorate & draw at your own liking. No need for a card either, write your message on the wrapping & use **twine or rope** as a ribbon!

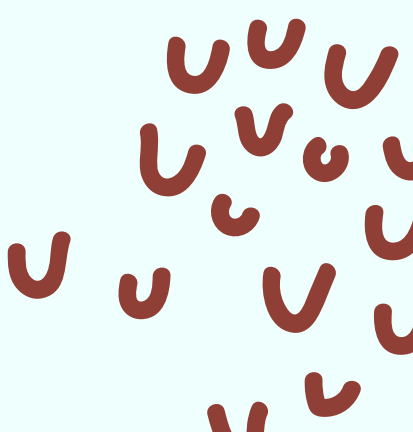
## REUSE OLD PAPER AND KEEP MORE

The "normal" wrapping paper isn't good!

**Scrunch test:** to see if it is recyclable scrunch up the wrapping paper, if it remains scrunched it can be recycled. If it unfolds itself it has to go to **landfill**.



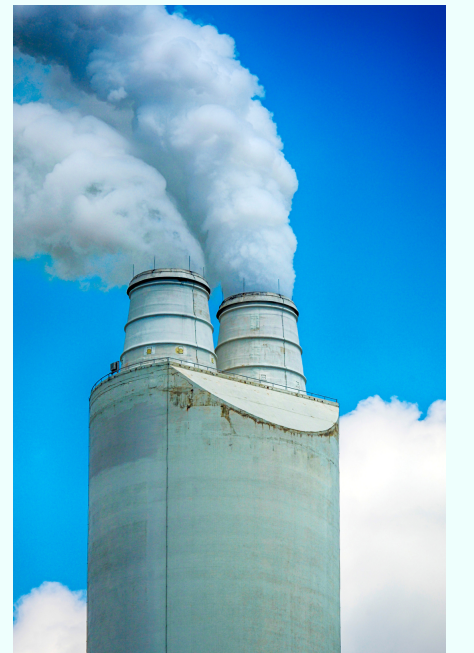
Therefore, **REUSE** your wrapping paper as much as possible!



# Sustainable table

## BUY LOCAL & IN- SEASON

By doing so, you are supporting local businesses and your food will have a much **lower carbon footprint** (since less transportation is needed).



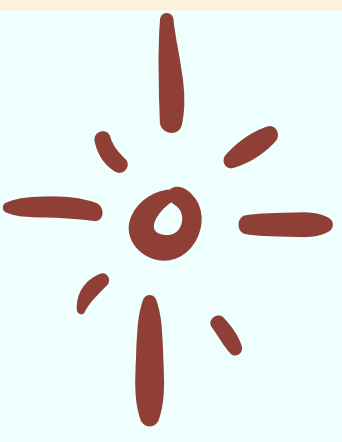
## TRY PLANT-BASED DISHES

People think of vegan/vegetarian food as **boring**. So untrue! So many delicious things can be made, just do a little research! I love taking inspiration from [Veganbowls](#) and [Deliciously Ella](#).

## TRY ORGANIC/VEGAN DRINKS

It might seem weird at first, but brewmasters, winemakers and distillers may include **animal ingredients** in their products. Dairy, honey, fish bladder, gelatin & egg whites may be used. Look for that **vegan label** & try new drinks!





## COOK WHAT YOU WILL EAT & CONSERVE YOUR LEFTOVERS



Just during Christmas, in the UK, **270,000 tons** of food are wasted.

So, make a list, buy what you need & cook what you will eat.

Use **old glass jars and boxes** to conserve your leftovers and eat them all up!

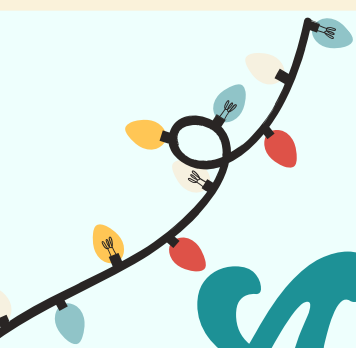
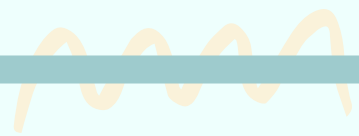
## USE REUSABLE NAPKINS & CUTLERY

Paper production causes:

- Deforestation;
- Use of huge amounts of water;
- Use of lots of energy;
- Increase of global warming;

On top of that, most paper napkins are packaged in plastic too!



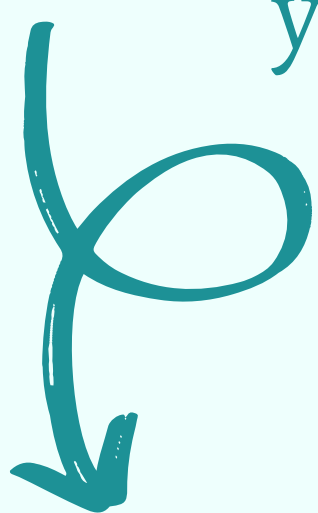


# A little extra something for you!

A lot of the ideas and businesses I have mentioned throughout this guide are **simply some of my favourites**.

However, I am **partnered** with some of these brands, so below I am including a small list with some **discount codes** you can use.

Some brands don't offer discounts so by using the links below you are simply **supporting me and their brand!**



PELA CASE: No discounts are offered right now.

GIRLFRIEND COLLECTIVE: Follow the link for \$10 off.

GEORGANICS: "GenuinelyBlue" for 5% off.

SAND CLOUD: "MONICA.PONZI8977" for \$15 off your first order of \$50+.

SUSTAINABLE TOMORROW: "GENBLUE" for 10% off.

UPCIRCLE: "GENUINELYBLUE".

LUNETTE: No code needed, simply follow this link and make your purchase.

TIDAL TEES: "MPambassador174" for 5% off.





# Thank you!



Thank you so much for taking time to download and read through this guide!

*I hope it helped.*

*I hope it gave you some new ideas.*

*I hope it inspired you to make changes.*

*I hope it inspired you to care about this Planet.*

*I hope you will consume sustainably from now on.*



***Have a sustainable Christmas!***

*-Monica-*

