



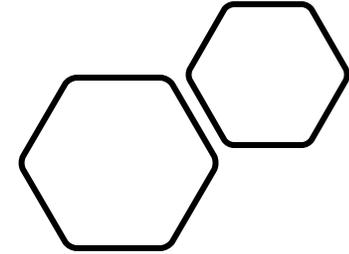
Deck the Halls Sustainably

3R Sustainability

2020



Real vs. Artificial Tree



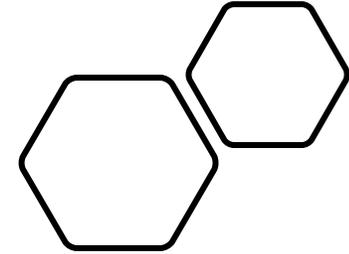
Is Cutting down trees always bad for the environment?

Don't feel bad about cutting down a tree for the holiday. Christmas trees are crops grown on farms, like lettuce or corn. They are not cut down from wild forests on a large scale.

The trees provide many benefits to the environment as they grow, cleaning the air and providing watersheds and habitats for wildlife.



Real vs. Artificial Tree



For how many years should I reuse an artificial tree to reduce its environmental impact?

Most of the artificial trees on the market are made of PVC and steel in China and shipped to the United States — and eventually sent to a landfill.

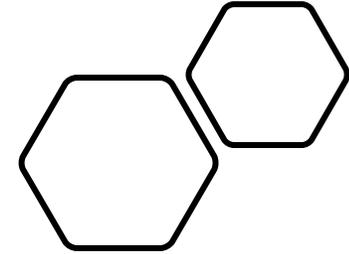
When compared on an annual basis, the artificial tree, which has a lifespan of 6 years, has three times more impact on climate change and resource depletion than the natural tree.

If you use an artificial tree, try to use it for as many years as possible to lessen its impact.

Because of the material they are made of, most artificial trees are not recyclable and end up in local landfills.



Real vs. Artificial Tree



Which one is the most sustainable tree out there?

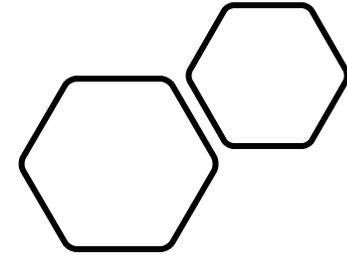
*The greenest Christmas tree is one that's **real, bought locally, and recycled.***

Real trees are the better option. There are ways shoppers can lessen the impact of using a real tree: Shop locally, minimize driving and recycle the tree.

New York City collects thousands of trees for MulchFest each year and uses the mulch in public parks to enrich soil and prevent erosion. Some areas also use discarded trees to prevent beach erosion or sink them into lakes to create fish habitats.



Real vs. Artificial Tree



Take away points:

1. Real trees don't require the intensive carbon emissions that it takes to produce and ship artificial trees.
2. You're supporting forests. When these natural trees are harvested for sale, there are **more than ten times as many left standing!** Buying real trees will help keep tree farms in business, and in turn, keep their lands covered in the healthy forest habitat that wildlife depends on to survive.
3. Once all the festivities are done, **these trees can be recycled and given a second life.** Most states have organizations that use these donated Christmas trees for conservation and habitat projects in their local communities.

SHOP LOCAL

- Wild Card
- Pittsburgh Furniture Company
- Una Biologicals
- Brambler Boutique
- Yinzers in the Burgh
- Grandpa Joe's Candy Shop
- Hot Haute Hot Inc
- Love, Pittsburgh
- Blue Snail Gift Shop
- Gift Shop at Phipps
- Kards Unlimited
- Candle Lab

SUPPORT THE LOCAL ECONOMY, SMALL BUSINESSES, AND RESPONSIBLE BRANDS

REDUCE EMISSIONS RESULTING FROM SHOPPING TRAVEL AND SHIPPING OF PACKAGES



SUSTAINABLE BRANDS

Clothing

- Patagonia
- Pact
- ABLE
- Alternative Apparel
- Kotn
- Levi's
- United by Blue
- Allbirds

Personal Care

- Humankind Bath and Body Products
- Lush
- Prose
- Made of

Clean Products/Household Items

- Blueland
- Manos Soap Co.
- Rebel Green
- Bee's Wrap

Jewelry

- GLDN
- 4Ocean

Responsible Wrapping

- The extra waste amounts to 25 million tons of garbage, or about 1 million extra tons per week
- Wrapping paper is usually not recyclable (foil, glitter, etc.)
- If every American family wrapped just 3 presents in re-used materials, it would save enough paper to cover 45,000 football fields



- Re-use paper grocery bags
- Tie up some remnant fabrics
- Did the item already come in a box? Add some greenery!





Sustainable Holiday Meal Tips - Before

- Take inventory before your shopping trip
- Create accurate list
 - Less trips out for forgotten or unintended items
 - Particularly perishables – so they don't go to waste
- Get accurate head count from your invitees
- Look up suggested portions
- Shop local!
- If you are cooking for a large crowd, buy in bulk
- Consider vegan and vegetarian Christmas recipes – Go meatless

Sustainable Holiday Meal Tips - During

- Grill or smoke your ham with wood chips or charcoal
- Cook sides or even dessert on your outdoor grill
- Conserve heat by keeping the oven door closed as much as possible
- Use regular plates and silverware
- Use the dishwasher wisely = Full + Dirty
- Fill the sink while you're hand-washing dishes to save water
- Reuse pans when possible to save time, money, water, and waste





Sustainable Holiday Meal Tips - After

- Use reusable Tupperware containers over baggies
- Mention bringing along a few containers to take home goodies to your invitees
- Use safe & sustainable cleaning supplies
- Leftovers are eco-friendly as well since you won't be heating up the kitchen again to cook for the next few days
- Soups and sandwiches make great portable meals for lunches, cutting down on eating out and other less eco-friendly options
- Search unique ways to eat the same food over and over – There are many! Here are some ideas:
<https://www.deliciousmagazine.co.uk/collections/christmas-leftover-recipes/> and <https://www.themanual.com/food-and-drink/christmas-leftovers-ideas/>

EVERYTHING BUT THE KITCHEN SINK SOUP

Simple. Versatile. Delicious.

Ingredients:

- Grain (lentil, rice, orzo...)
- Veggies (spinach, potatoes, asparagus, celery, onion...)
- Vegetable stock (or turkey, chicken...)

Directions:

- In a large pot, sauté any onions, garlic, celery
- Once soft, add in the grain and any other vegetables that may need boiled to soften (i.e. potatoes)
- Stir in stock and any soft veggies (i.e. spinach) and seasonings
- Cover and reduce heat to simmer for 30 minutes
- Uncover, add lemon juice, and any additional seasonings to taste



Happy Holidays from 3R Sustainability!

