

## Gifts

### ***Damage we are causing***

- Between Thanksgiving and New Year's, Americans produce an extra two billion pounds of garbage per week, much of which is gift packaging.
- Annual trash from gift-wrap and shopping bags totals about 4 million tons.

### ***How can I change my habits?***

- Skip gift wrapping, reuse ribbons, or use old newspapers.
- Shop online to save packaging waste, time and stress.
- Make gifts.
- Consider nonmaterial gifts, like events.
- Shop with reusable bags.
- Look for items made with recycled content.
- Avoid over-packaged items.

### ***What are the benefits in changing my ways?***

- If every family reused just two feet of holiday ribbon each year, 38,000 miles worth would be saved.
- If 50% of households replaced just 2 packaged presents with gifts that could slide inside an envelope, 50 million pounds or more of waste could be saved.
- Americans send 2 billion holiday cards each year, so just a 1% reduction could save 15,000 trees.