

# HAPPY SUSTAINABLE CHRISTMAS!

Christmas is nearly here. Food costs have risen 12% in the last year, energy by 100% - and everything is still rising. This winter's bulletin combines care for your pocket with care for your planet. In May we will look at double glazing, electric motoring, and insulation - but today the Blacket Sustainability Group presents on a Christmas theme.

## REDUCE

- 1 Don't buy a plastic Christmas tree
- 2 Cook less beef and turkey, eat more vegetables
- 3 Keep your gas and electricity low
- 4 Retire your tumble dryer, use a washing line
- 5 Reduce emissions, buy local



## REUSE

- 1 Give family heirlooms as presents
- 2 Reuse leftovers for a tasty supper
- 3 Make your own home decorations
- 4 Decorate with greenery from the garden
- 5 Store extra food in takeaway boxes



## RECYCLE

- 1 Use recycle bins. Take cellophane to supermarket
- 2 Buy 'Secret Santa' gifts from a local charity shop
- 3 Donate unwanted gifts to a charity shop
- 4 Recycle snow and make a snowman
- 5 Recycle your neighbours with mince pies and wine



## TREES

Buying a naturally grown tree is the environmentally friendly option. Use LED tree lights to save energy. Look out for the 'Grown in Britain' label or the 'Forest Stewardship' seal of approval. The Council collects trees after Christmas, shreds them and uses the chippings in our parks and woodlands. The Bethany Charity take orders for trees online and deliver them to your address or to one of the various collection points in the city. Their trees are grown in West Lothian. Profits go towards ending homelessness in Scotland.

## WRAPPING

Reuse wrapping, and only buy recyclable paper. Brown paper and string can - with imagination - look gorgeous. Gift bags make wrapping hassle free and the recipient can pass it on next year.

## CARDS

The E-card is an environmentally sustainable way of sending Christmas greetings but if you still like sending cards, buy charity cards and check that they have the 'Forest Stewardship' seal of approval because they can be recycled. Plantable Cards are biodegradable and embedded with seeds. Plant them and watch them turn into wild flowers, herbs, or even a future Christmas tree. Wow!

## ENERGY COSTS

Following the government's Energy Price Guarantee, energy prices are capped until April 2023. At current caps, one kilowatt hour of electricity is 34p and gas is 10.3p. Typical costs, at these rates, for our domestic appliances:

Appliance	Kilowatts	Time	Cost (pence)
oil filled heater	2.00	per hr	68
electric heater	2.50	per hr	85
kettle	3.00	per 3 mins	5
electric shower	9.00	per 20mins	102
immersion heater	3.00	per hr	102
washing machine	2.10	per 2 hr	143
tumble Dryer	2.50	per 2.5Hr	213
fridge freezer	0.30	per day	245
dishwasher	1.44	per cycle	49
electric hob per ring	1.65	per hr	56
electric induction hob per ring	1.95	per hr	66
electric oven	2.10	per hr	71
electric grill	1.50	per 20mins	17
gas oven	3.60	per hr	37
gas hob per ring	1.95	per hr	20
microwave	1.00	pre 20mins	11
dehumidifier	0.50	per hr	17
electric blanket	0.20	per hr	7
computer	0.20	per hr	7
light bulb 60W	0.06	per hr	2
light bulb Led	0.01	per hr	0.2
play station 4	0.17	per hr	6

