

Have a sustainable Happy Christmas!

Christmas will be different this year with many of us changing the way we celebrate. So why not use our green guide to Christmas and make a positive change to a more environmentally friendly festive season:

Top tips for a sustainable Christmas:

1) Eco friendly Christmas trees

Checking your tree is FSC (Forest Stewardship Council) approved is a good start and using a local retailer can reduce your tree's carbon footprint. Remember, once Christmas is over to recycle your Christmas tree at your local recycling centre.



Photo by [Jonathan Taylor](#) on Unsplash

2) Eco friendly Christmas decorations

Swap out the usual tinsel and glitter for a more natural look and bring the outdoors indoors! Decorating with natural foliage such as holly branches, ivy and berries will give your home a rustic festive feel.

3) Eco friendly Christmas dinner

There has been a rise in people opting for plant-based Christmas lunches but if this is not for you just planning your meals ahead for over the Christmas period can cut down on food wastage. As well as choosing organic and local produce which can reduce your carbon footprint and help local businesses across Shropshire. **JW**

This Christmas newsletter was put together with the help of Jess Walton, Carney Burvill and Henry Mound, three of our younger volunteers at Zero Carbon Shropshire. Thank you to Jess, Carney and Henry and all our volunteers.

We truly appreciate your efforts!

If you'd like to [get involved with the Zero Carbon Shropshire project](#) follow the link and sign up. We'd delighted to have you!

Carrots for Santa's reindeer

What is Santa's carbon footprint?

Only kidding! That's way to complicated to work out. In any case Santa is cool, so we can safely assume his footprint is zero.

But how many carrots will his reindeer need?



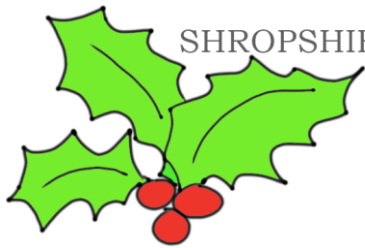
Photo by [Harshal S. Hirve](#) on Unsplash

Reindeers burn 407 calories per mile when dashing. The surface area of our planet is 25million square miles and most of that is water. Ignoring the fact that surface area is not the same as distance travelled (I know this isn't scientifically robust but Santa is magic



Photo by [Andreas Dress](#) on Unsplash

not science), 25,000,000 million miles x 407 = 10,175,000,000 calories consumed per reindeer. Santa has nine reindeer = 91,575,000,000 calories burned in total. 100g of carrot is 37 calories. The average medium sized carrot is 61g or 22.57 calories. So,




Santa's reindeer will need $91,575,000,000 / 22.57 = 4,057,377,050$ carrots!

4 billion carrots! And to think farmers thought rabbits were the problem.

Of course, Santa will have fed his reindeer before leaving home, so they will only need snacks on the way which works out at approximately ONE carrot per household.

And something for Santa if you have it. **CB**

CARBON  **CRACKERS!**

I had to quit my job at the fizzy drinks factory.
It was just soda pressing.

What does Darth Vader exhale?
Carbon Darkside.

When meeting someone for the first time talk about global warming.
It's a real icebreaker.

What do you call illegal trafficking of CO₂?
Smuggling.

Climate change is such a joke.
Even the Antarctic ice sheets are cracking up.

Helping birds survive winter is good for your health and sustains biodiversity, which is good for carbon capture

Winter may seem like a bleak time of year as the cold nights draw in, but it can be a perfect time for garden birdwatching which has been shown to improve mental health. As we say goodbye to summer visitors such as swallows and martins that migrate south with their young, our resident birds must survive the cold UK winter.

Among the residents you may see in the garden over this time of year are seed eating chaffinches, bluetits and goldfinches with their vibrant colours. If you live near woodland, bullfinches, goldcrests and coaltits may also make

appearances. House sparrows, starlings and long tailed tits can form feeding flocks where competition is fierce for limited food sources.

During the winter insects, seeds and fruit are less available, so putting out extra food alongside fresh, unfrozen water for drinking and bathing is a real help.



Photo by [Bill Eccles](#) on Unsplash

Fatty foods are perfect for birds to prepare for the colder days – fat balls that can be bought or homemade, black sunflower seeds rich in oil, or dried mealworms. A variety of foods is best for the variety of bird species as some prefer seeds, others insects.

It is also best to spread food throughout the garden, so it is not all in a single place which leads to aggression between feeding flocks or territorial species such as the robin often seen as traditional winter visitor. Not to mention, a gift basket of a variety of bird food with a feeder can make the perfect Christmas present! **HM**

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Please email us with your zero carbon ideas at admin@zerocarbonshropshire.org

Have a very Merry Christmas & Happy New Year!