



# Christmas

Waste Minimisation &  
Recycling Toolkit

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# Did you know?

In the UK, 88% of people celebrate Christmas, spending an average of £320 on gifts and preparing 80% more food than usual. This makes it an ideal time to remind everyone how to dispose of packaging, leftovers, and the £700 million worth of unwanted Christmas gifts during the festive season.

We hope you find this toolkit helpful in spreading information about how we can all celebrate a more sustainable Christmas!





# The Toolkit

This toolkit provides:

**Social Media Assets** - These provide a useful reminder to everyone on how to have a more sustainable Christmas.

**Christmas Facts** - There are Christmas facts about spending, food, gift wrap and packaging which you can use in any bespoke publicity you create.

**School Resources & Christmas Jumper Swap Toolkit** - These resources aim to support young people celebrate Christmas sustainably.







# Social Media Assets





Plan your feast ahead of time

Plan early, waste less, and save more this Christmas!

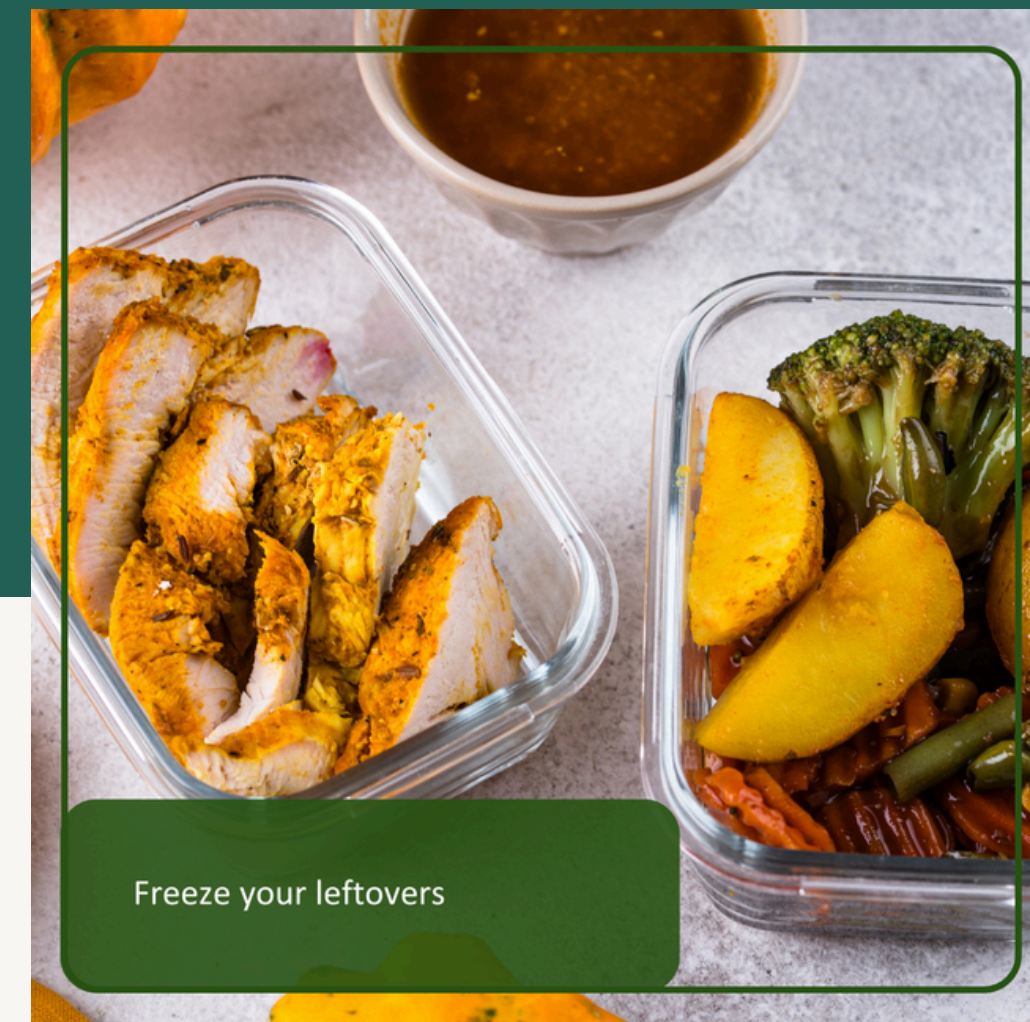
A little festive menu planning now means fewer leftovers, less stress, and more joy around the table.



Create new recipes with leftover food

Don't let those Christmas leftovers go to waste!

Transform them into tasty new dishes - you might even create a brand-new family favourite. From turkey curries to bubble and squeak, a little creativity can turn leftovers into something truly special (and save money too!)



Freeze your leftovers

Make the most of every festive bite!

Freeze your leftovers to enjoy another day. A simple step that helps reduce food waste, save money, and keep the holiday flavours alive.





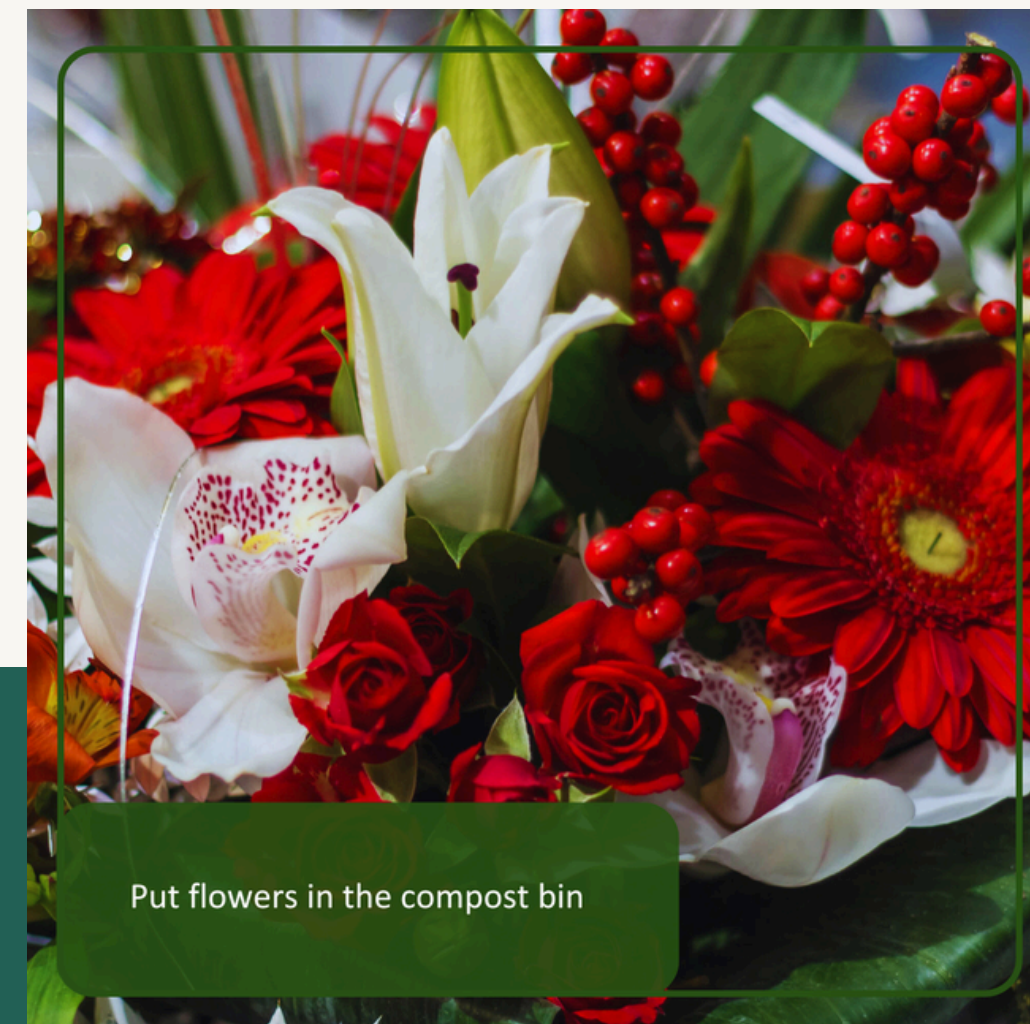
### Festive tip:

Plastic film on trays and fruit punnets can often be recycled at supermarkets. If not, it can go in your general bin. Simple actions like these help reduce waste and make a big difference this Christmas!



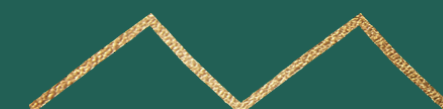
### Raise a glass this festive season!

When you're done, remember to rinse out your bottles before putting them in the recycling bin. Clean recycling keeps waste streams efficient and reduces contamination.



### Christmas flowers add a beautiful touch to your festive home!

When the celebrations are over and the blooms start to fade, don't just throw them away - pop them in your garden bin, compost heap, or take them to your local Household Waste Recycling Centre.







Remove the tape before recycling your cardboard

Online shopping is a lifesaver during the festive rush but it can create a lot of packaging!

Cardboard boxes? Just remove the tape and recycle them. Plastic bags and wrapping? Take it to supermarket recycling points or place it in your general waste if needed. Small actions make a big difference this Christmas!



Remove bows, glitter & ribbon before you recycle

Keep your Christmas recycling simple!

Remove all non-recyclable items (ribbons, tape, sticky tape, and bows) from cards and wrapping paper before recycling. Little actions like this make a big difference.



Put wrapping paper in the recycling bin

Wondering if your gift wrap can be recycled?

Try the scrunch test! Just crumple it in your hand, if it stays scrunched, it can go in the recycling bin. If it bounces back, pop it in the general bin. A simple trick to make your Christmas greener!





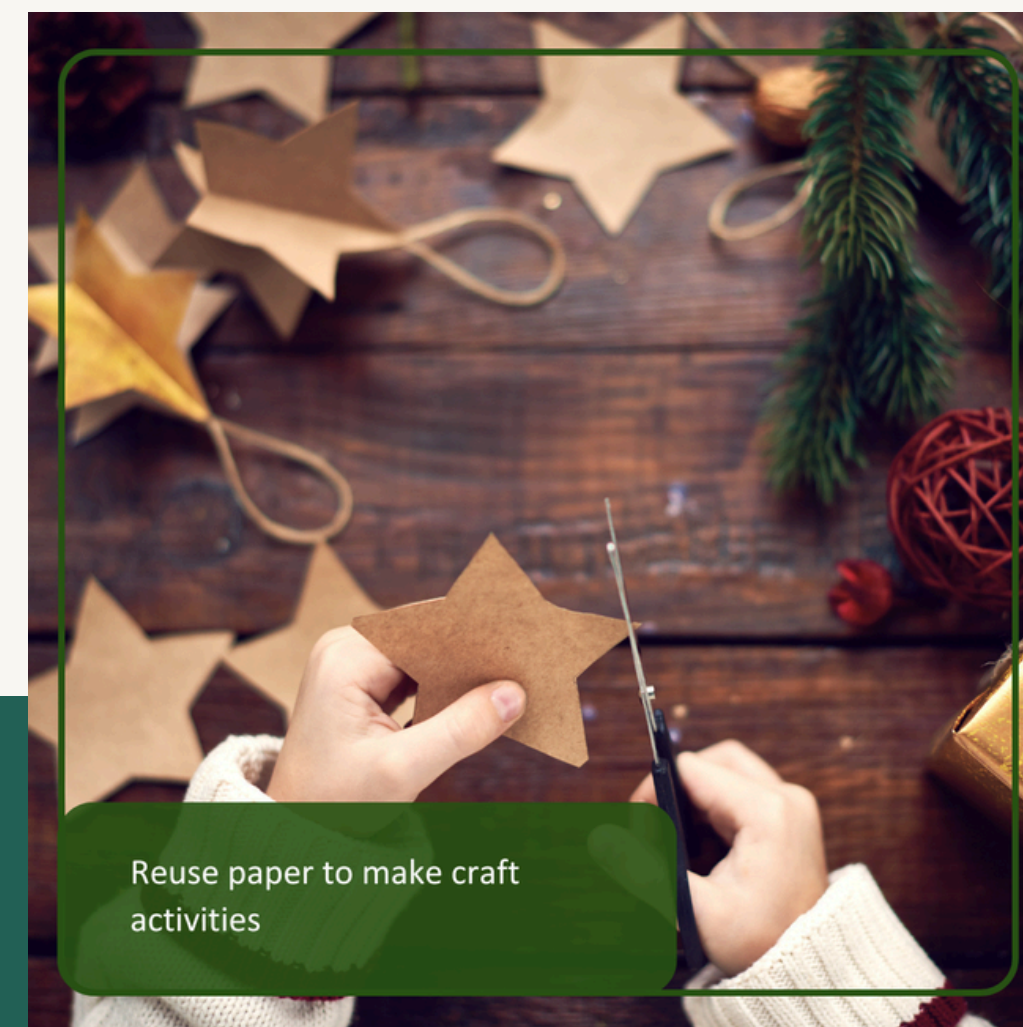
### Christmas card fact:

Around one billion cards are purchased in the UK each year, but only 25% are recycled. Plain paper cards? Recycle them! Cards with glitter, foil, or other decorations? Pop them in the general waste. Every little action helps reduce festive waste!



### Got a gift in a bag this Christmas?

Don't toss it, save it and pass it on when you give a present to someone else! It's a simple way to spread the festive cheer and keep waste to a minimum.



### Don't let used wrapping paper, or cards go to waste!

Get creative and make something new, like festive garlands or decorations from cardboard and leftover wrapping paper. A little DIY can add extra sparkle to your festive home and help reduce waste!





Contact your council to see if  
they will take your tree

Have a real Christmas tree this year?

Most local councils offer a tree collection  
service once the holidays are over.

Contact your local council to ensure your  
tree is recycled responsibly and keeps  
waste out of landfill or take it to your local  
Household Waste Recycling Centre!

# Hashtag Suggestions

#FestiveSeason

#FestiveTips

#ChristmasTips

#HolidayHacks

#HolidayTips

#RecycleRight

#ReduceWaste

#ZeroWasteChristmas

#RecycleReuse

#WasteLessChristmas

#FestiveFood

#ChristmasCooking

#KitchenHacks

#LoveFoodHateWaste

#FestiveFeast

#ScrunchTest

#ChristmasCards

#ChristmasDecor

#ChristmasLights

#ChristmasTree

#ChristmasGifts

#GiftWrap

#SecondLifeGifts

#DIYChristmas





# Christmas Facts







# Food Facts at Christmas

- Over 42 million Christmas dishes are thrown in the bin and wasted.
- Christmas in the UK results in the disposal of two million kilograms of cheese
- 7.1 million pigs in blankets are thrown away during Christmas.
- There are over 9.8 million cups of gravy wasted at Christmas which is enough to fill up an olympic sized swimming pool.





# Gift Wrap & Packaging

- In the UK, wasted Christmas wrapping paper, if laid out, would stretch 238,855 miles.
- In 2018, 114,000 tonnes of Christmas plastic packaging ended up in general waste.
- 125,000 tonnes of packaging is generated, including advent calendar trays, candy wrappers, and large gift boxes.



# Find out more Christmas Facts here:

- Christmas and New Year's Survey amongst 1,000 British People Reveals Habits: [https://www.statista.com/press/p/christmas\\_newyears\\_survey\\_uk/](https://www.statista.com/press/p/christmas_newyears_survey_uk/)
- Christmas Waste Facts - It's Not Very Jolly: [www.businesswaste.co.uk/news/christmas-waste-facts-its-not-very-jolly/](http://www.businesswaste.co.uk/news/christmas-waste-facts-its-not-very-jolly/).
- Two-thirds of Britons who celebrate Christmas will have an artificial tree this year: <https://yougov.co.uk/society/articles/44777-two-thirds-britons-who-celebrate-christmas-will-hav-an-artificial-tree-this-year>
- GB Christmas Gifting Report 2024: <https://business.yougov.com/content/50927-gb-christmas-gifting-report-2024>





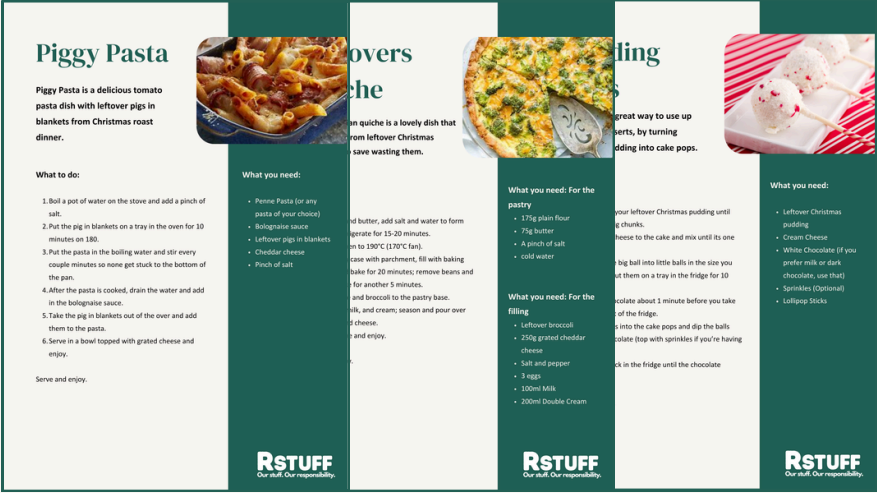
# School Resources





# Available Resources

We have prepared resources to introduce the concept of natural resources and ideas for celebrating more sustainably.





# School Assembly

We have created a school assembly to share facts about consumption and waste during the festive season & sustainable gift ideas.

This will have been downloaded as a separate file with of the toolkit.

## Christmas

and our natural resources

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# Social Media Assets



## Social Media Assets

The social media assets previously highlighted can be used to remind families how to dispose of packaging, leftovers, and the £700 million worth of unwanted Christmas gifts during the festive season.



# Recipe Cards

A few recipe cards have been created suggesting ideas of family friendly foods to make using Christmas leftovers.

You could share these as they are, use them as ideas for food tech classes, or even start a competition for recipes using leftovers!

These will have been downloaded as a separate file with of the toolkit.

## Piggy Pasta

Piggy Pasta is a delicious tomato pasta dish with leftover pigs in blankets from Christmas roast dinner.

### What to do:

1. Boil a pot of water on the stove and add a pinch of salt.
2. Put the pig in blankets on a tray in the oven for 10 minutes on 180.
3. Put the pasta in the boiling water and stir every couple minutes so none get stuck to the bottom of the pan.
4. After the pasta is cooked, drain the water and add in the bolognaise sauce.
5. Take the pig in blankets out of the over and add them to the pasta.
6. Serve in a bowl topped with grated cheese and enjoy.

Serve and enjoy.



### What you need:

- Penne Pasta (or any pasta of your choice)
- Bolognaise sauce
- Leftover pigs in blankets
- Cheddar cheese
- Pinch of salt

### What you need: For the pastry

- 175g plain flour
- 75g butter
- A pinch of salt
- cold water

### What you need: For the filling

- Leftover broccoli
- 250g grated cheddar cheese
- Salt and pepper
- 3 eggs
- 100ml Milk
- 200ml Double Cream

### What you need:

- Leftover Christmas pudding
- Cream Cheese
- White Chocolate (if you prefer milk or dark chocolate, use that)
- Sprinkles (Optional)
- Lollipop Sticks

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# School Newsletter Copy

## Did you know?

During Christmas, we produce 30% more waste than at other times of the year! Much of this comes from food. For example, 7 million pigs in blankets and 5 million Christmas puddings end up in the bin, alongside £42 million of unwanted gifts that go to landfill.

Christmas is a wonderful time of year, celebrated by 88% of British people, and this year we're showing students how to keep the fun while celebrating more sustainably. Our assemblies and preloved Christmas Jumper Swap are just the start!

You can join in too! Keep an eye out for details of our Christmas Jumper Swap, recipes using Christmas leftovers, and check our socials for tips on reducing waste and recycling properly this Christmas.



# Christmas Jumper Swap

Most Christmas jumpers are made with synthetic fibres (like acrylic or polyester), and many are worn only once before being forgotten contributing to plastic pollution and fast fashion waste.

The Christmas Jumper Swap is a fun and festive way to cut waste and save resources during the holiday season. People donate jumpers they've outgrown or no longer wear, and pick a "new" one in return - all for free!

Swapping instead of buying new helps reduce the environmental impact of clothing production, lowers carbon emissions, and gives garments a longer life.

Our Christmas Jumper Swap Toolkit includes everything you need to run your own event, it's perfect for schools, workplaces or community groups!

Download for FREE at: [rstuff.uk/resource/christmas-jumper-toolkit/](https://rstuff.uk/resource/christmas-jumper-toolkit/)





# RECOUP

Rstuff is an initiative delivered by RECOUP, building on over 30 years of experience in the recycling and resource efficiency, circular economy and sustainability space.



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