

FOOTPRINT

Hill House School

Cambian
International School

Edition #9 2021

Promoting happy, healthy and sustainable living at Hill House and beyond.

CHRISTMAS!

It's December and Christmas is just around the corner but, while it's a wonderful time of the year, it's not the most environmentally friendly. The festive season is when we traditionally go all out on gifts and food but, with a little thought and planning, it is possible to have an eco-friendly Christmas. Here are some tips for having a greener, more sustainable Christmas both at Hill House and at home!

Choose one gift that lasts - Secret Santa is always a fun alternative for friends and family to reduce the number of gifts exchanged at Christmas. Why not try buying one bigger present rather than lots of small ones or opt for something like a house plant, bee "goodies" for the garden, or eco-friendly shampoo bars as just a few examples of sustainable gifts.



Shop locally or share shopping trips with friends and family - use public transport, share lifts or try to support local and sustainable businesses. You are also more likely to find something extra special that you won't get anywhere else!

Give a handmade gift - whether you love baking, sewing or painting, why not get creative and put your own personal touch on a gift.

Switch to eco-friendly wrapping - sticky tape, ribbons and paper covered in glitter can't be recycled so consider switching to recyclable or brown eco-friendly paper instead to minimise the high levels of waste at this time of the year. You could also ditch paper altogether and use colourful fabric that can be reused - have you thought about using festive tea towels? **TIP:** Save your Christmas cards to use as tags next year!



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Use handcrafted or locally made, bespoke decorations - make them at home using wool, wood, recycled glass, card and paper. Unless your baubles are damaged or broken, try your best to reuse or repurpose them each year or give them to someone else. You could even bring them in for us to use at Hill House this Christmas!

Switch to eco-friendly crackers - keep an eye out for recyclable and plastic free crackers. Better still, why not make your own.

Send e-cards - a staggering 1.5 billion cards are thrown away in the UK every year. Switch to sending e-cards instead. If a card is needed, try to find ones made from recycled materials or buy "plantable" cards made from biodegradable paper and embedded with wildflowers seeds.



Go meat-free - why not try something new and have a meat-free Christmas by swapping turkey for a plant-based menu instead? Or make a small change by adding more plant-based ingredients and look for locally grown produce. Cut down on waste by choosing items light on packaging or buy loose. Donate leftovers and compost other waste.

Click [here](#) for more information on the ecological footprint of festive feasting.

Click [here](#) for more information on how to plan a sustainable Christmas dinner.

Let's Eat Leaflet

VEGETABLE CHRISTMAS PARTY CUPS

Decorate glasses with permanent markers to turn vegetables into winter woodland. It's a sweet treat to make a perfect gift!

A Sustainable Hill Fresh Christmas

From what we wear, where we shop, and what we eat, there are so many ways we can all be a part of the movement towards a more sustainable way of life and there are even positive changes we can make at Christmas.

Eat with the seasons—most of our favourite vegetables at Christmas, including potatoes, sprouts, carrots, leeks and parsnips, are all in season throughout the winter. Opting for seasonal, organic food means we are supporting our native family farmers who use better practices on their farms that support diverse wildlife and healthy living soils.

Give the gift of vegetables—sign up for an organic veg box or gift one to a friend or family member.

Cutback on food waste—don't let your leftovers go to waste. Make stock from bones and vegetable peels. Use up onion skins, veggie, leek and cranberry sauce then bake in the oven for the ultimate Christmas veggie knuckle.

Christmas Veggie Traybake

Serves 2-4
Prep: 15 mins
Cook: 20 mins

Ingredients

- 1 tbsp olive oil to drizzle
- 600g leftover roast veg such as potatoes, carrots and parsnips
- Fresh herbs such as rosemary, thyme and sage
- 150g Brie, sliced
- 3 tbsp cranberry sauce
- 1 tbsp pine nuts
- Pasta to serve (optional)

Method

STEP 1
Heat the oven to 200°C/390°F on gas 6. Put the roast veg on a roasting tray, drizzle with olive oil, add black pepper and scatter the herbs over (reserve some to garnish), then roast for 15 minutes to heat through and crisp up.

STEP 2
Drizzle the brie over the roasted vegetables, then return to the oven for 5-8 minutes until melted.

STEP 3
Drizzle with the cranberry sauce, scatter with the pine nuts and the remaining herbs, then serve with pasta, if you like.

The latest Let's Eat leaflet is filled with great ideas for healthy Christmas treats and tips on how to make the most of your leftovers.

Order a Hill Fresh box from the kitchen and cook a healthy meal in your own home on the weekend.

#MAKEONECHANGE

What one change can you make today?