

Waste-Free prezzies

An extra 29,000 tonnes of waste is created over Christmas each year in the UK! Packaging and wrapping from presents is one of the causes. But you can reduce the waste you create from gifts...

Treat people to a special experience instead of an item such as theatre tickets, a day out or a day of pampering at a spa. Websites like www.groupon.co.uk or www.redletterdays.co.uk can offer great deals.



If you don't have time to make presents, why not buy upcycled presents instead? Upcycled presents are those made from something old given a new lease of life. Checkout websites like **Groupon** or **Red Letter Days** can offer great deals, or check visitsuffolk.com for inspiration.

Use recyclable paper rather than foil wrapping



Old cards make great gift tags



Make your own gifts to avoid packaging. Not only will it give a more personal touch, it could save you money. Try making edible gifts or be inspired by quirky gifts made from everyday stuff. See www.pinterest.com for hundreds of ideas!

Try this easy and quick guide to making a body scrub, or if that doesn't take your fancy, there are hundreds of ideas on the web!

Honey and lemon sugar scrub

Ingredients

- 1 lemon (juice of)
- 2 tbsp honey
- 2 tbsp olive oil
- Granulated sugar (enough to create the desired consistency)

- 1** Put the olive oil and lemon juice in a bowl, and add the honey whilst whisking
- 2** Pour in sugar, stirring all the while, until you reach your desired consistency
- 3** Transfer into a clean jar
- 4** Make it look pretty with a ribbon and a tag stating how to use it!

Why not bake your favourite cookies for a friend? Wrap them up and add a ribbon and it'll be the perfect gift!

