**Green Your Holidays Peer Education Script**

**Step 1: Describe the Problem**

* “Holiday waste is a huge problem. Did you know that the amount of trash we throw away during the holidays increases by 25% compared to the rest of the year? This leads to an extra *1 million tons* of garbage in our landfills every week or *25 million tons* in total. ”
* “Food waste and paper waste are a big part of the extra trash being sent to landfills. As food decomposes, it releases methane which is a harmful greenhouse gas because it stops the sun’s heat from leaving our planet which leads to global warming. Most of the paper that is being thrown away could be reused or even recycled.”
* “Although many people do not have access to healthy food throughout the year, it's especially a problem during the holidays. Let’s be mindful of that and reduce food waste as much as we can.”

**Step 2: Provide a Solution**

* “Preparing for the holidays ahead of the season and recycling your materials is a great way to reduce unnecessary waste from filling up the landfills. With a plan, you can prevent food waste, paper waste, or plastic waste from taking up space in your garbage bins before the holidays even begin!”

**Step 3: Describe the Solution**

* “There’s no issue with having just enough food for your guests or creating an entirely new meal with your holiday leftovers. You can even freeze the rest of the leftovers until you’re ready for them!”
* “By being mindful of the gifts you choose, recycling clean materials, and bringing reusable items to school celebrations, you can divert materials from the landfills, reduce your holiday waste, and help make our school more sustainable.”

**Step 4: Take Action!**

* “Starting  *(date)* we are asking our friends, classmates, teachers, and family members to be part of the solution and here’s how you can help (*name of school or community)* reduce our holiday waste!”
* **Before the Holidays:**
  + “Think ahead about your plans for your school or home celebrations.Try to carpool with a classmate to local shops, bring reusable shopping bags, talk to your parents or guardian about using produce from farmers markets, and encourage guests to bring their own reusable containers for taking home leftovers.”
  + “For gift giving, think about what you know about that person and what type of gift they will like. Look for plastic-free gifts or consider using items you already have in home to create new gifts. Also wrap them using materials in your house.”
  + “If you gift them an experience, you’ll skip the waste from gift wrapping, cardboard boxes, and plastic packaging.”
* **Celebrating at Home or at School:** 
  + “Put up holiday decorations that do not need electricity to work, use LED lights instead, or you can get crafty and make your own holiday decorations!”
  + “Make sure everyone has reusable or compostable plates, utensils, napkins, and cups to eat healthy food and drink.
  + “After the celebrations are over, sort through your recycling bin to make sure the right items are in there, freeze your leftovers or cook something new, and consider donating old toys, electronics, food, and clothes to those in need.”

**Step 5: Conclusion:**

* “You can protect the environment even while celebrating if you improve your holiday habits! Thank you for helping our school and communities become less wasteful and keeping edible foods and recyclable materials out of our landfills!”