

TIPS FOR A GREENER LIFESTYLE!

How can we live sustainably?

IN THIS SERIES WE EXPLORE HOW WE CAN BE SUSTAINABLE TOGETHER,
RIGHT HERE IN ATHENS-CLARKE COUNTY!



THIS MONTH'S TOPIC:

THE GIFT OF SUSTAINABILITY

HANNAH CHAFFEE

We've all experienced it: that 'Oh, you shouldn't have' gift. You really appreciate that your aunt even thought to get you something for the holidays ...but why did it have to be a light up neon jester hat?

For some reason you do love it, but there are only so many occasions when a light up neon jester hat is appropriate, particularly one that jingles so ferociously with even the slightest tilt of your head. And you can't get rid of it, because your aunt picked that hat out *specifically for you*. So it will sit, forgotten in the back of your closet, never to jingle or jangle again.

We all want to express our gratitude for the people in our lives we love, but it can be easy to buy unappreciated and unsustainable gifts. Fellow aunts of the world, I come bearing good tidings –and alternatives!

First, why not give the best gift of all – food (just make sure it's food they actually like)! Or better yet, give the gift of experience. Get your loved one a gift card to the movies or a voucher for a massage. If you think they would be interested, plan some quality time around an experience. Take your nephew to the Renaissance Fair and put that jester hat

to good use!

Or why not give the gift of service: a subscription to a streaming or grocery delivery service. If your loved one also loves the planet, there are plenty of sustainable subscription services out there. Did you know that there are commercial compost pickup services right here in Athens?

If you still want to give a physical gift, try either useful or thoughtful and crafted or second-hand. Gifting can be a great chance to try that DIY you've been wanted to do or better yet, upcycle an old item! Whether its from a cool vintage store, that staple thrift shop or your attic, a well-loved gift can mean even more than something new. Sometimes the best gift can be as simple as heartfelt words: write a caring letter!

There are so many sustainable ways to show people you appreciate them this holiday season. And you've got a lot of love to give, so get out there! And don't forget, if you do get a metaphorical jester hat this year, don't throw it out. Sell, regift or donate it; there's someone out there who not only can pull it off but who will deeply appreciate you sending it their way!