

Happy Future-Fit Christmas!

Tips to make this Christmas environmentally restorative, socially just and economically inclusive for all

(With apologies to the Future-Fit Foundation. We've 'tweaked' some of the goals to suit Christmas, but we've kept their intent!)

How to...	Future-Fit break-even goal	Future-Fit tips
Give Future-Fit Christmas gifts	Break-even goal 04: Procurement of your Christmas gifts safeguards the pursuit of future-fitness	1. Use your buying power to make a difference. Ask for less, give less and give wisely. Ask people what they really want. And if you must do Secret Santa, tell your Santas to shop fair trade or from a charity catalogue.
	Break-even goal 06: Operations (your Christmas gifts) emit no greenhouse gases	2. Your time's a gift that's light on fossil fuels. So give someone a few hours babysitting in the coming year, or a regular car wash, instead of a bought present.
	Break-even goal 07: Operational waste from your Christmas gifts is eliminated	3. Avoid gifts packaged in plastic or give edible gifts like home baking – zero waste guaranteed!
	Break-even goal 10: Employee (family) health is safeguarded	4. Ditch the financial stress and long 'to-do' lists by creating a buying roster. Ask everyone in your family to buy just one gift for one other person, and set a maximum value.
Host a Future-Fit Christmas dinner	Break-even goal 06: Operations (Christmas dinner) emit no greenhouse gases	5. Create a low-carbon Christmas feast by including plenty of non-meat options and local, seasonal foods. Use reusable plates and cutlery, and encourage your guests to carpool or take public transport.
	Break-even goal 07: Operational waste (from your Christmas dinner) is eliminated	6. Enjoy a low-waste Christmas by avoiding food packed in plastic. Cater carefully to avoid wasting food and share the remains with a worm farm or compost bin.
	Break-even goal 03: Natural resources are managed to respect the welfare of ecosystems, people and animals (pets)	7. If your dog deserves a Christmas treat, make sure it's not chocolate. Chocolate contains a chemical which is toxic to dogs.
Enjoy a Future-Fit Christmas get-together	Break-even goal 12: Employees (family) are subject to fair employment terms	8. Share the love (and the load) this Christmas. Ask your guests to bring a plate of food for Christmas dinner and make sure everyone helps with the marathon after-dinner clean-up.
	Break-even goal 01: Energy is from renewable sources	9. If you're buying Christmas lights, go solar-powered. Or better still, switch your home to a power provider which offers energy from renewable sources.
	Break-even goal 09: Community health is safeguarded	10. Christmas can be a lonely time for many people. If you know someone will be on their own, include them in your plans or pop in and visit.
	Break-even goal 10: Employee (family) health is safeguarded	11. Go creative with your Christmas decorations. It's fun, it's good for the brain and it will lift the Christmas spirits! Ditch the Christmas crackers and tinsel and make natural table decorations with leaves and flowers.
Have a Future-Fit Christmas holiday	Break-even goal 08: Operations (your holiday) do not encroach on ecosystems or communities	12. If you're heading away for a well-deserved holiday, respect the eco-system and community that's hosting you. New Zealand's Tiaki Promise is a good place to start.
	Break-even goal 07: Operational waste is eliminated from your holiday	13. Give the planet a holiday too. When you're packing, pop in a reusable shopping bag and cup. And keep up the recycling while you're away.

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