

Welcome to the Eco Newsletter!



This issue is celebrating the festive season with Christmas crafts and recipes, and fascinating winter facts.

Sock snowman

- 1 white sock
- 1 sock in color for the hat
- rice (or anything else to fill it)
- rubber bands (or thread)
- buttons
- ribbons
- glue gun (or craft glue)
- markers or paint
- orange pom poms



1. Start by filling your sock with rice. You will need quite a large amount.
2. Once you are happy with the size of your sock snowman, tie the top with the rubber band.
3. Take another rubber band and place in the middle – more to the upper side – of the rice filled sock to form the head shape.
4. Glue the buttons to the snowman's body.



5. Draw the eyes and mouth with black pen or paint.
6. The nose can be made of an orange pom pom.

Your snowman is complete! How about adding a ribbon as a scarf, or cutting another sock to use as a hat.

Christmas pudding crumble

This delicious no waste recipe is the perfect way to use up any leftover Christmas pudding, and serves 5 people a scrumptious treat!

Ingredients

For the crumble:

350g Christmas pudding

270g plain flour

120g butter



For the filling:

450g cooking apples, cut into roughly 1cm cubes

1 tbsp caster sugar

1 tsp cinnamon

Method

1. Preheat the oven to 180°C/355°F/gas mark 4.
2. Puree the Christmas pudding in a food blender until completely smooth.
3. Cube the butter and add the flour, followed by the smooth Christmas pudding. Rub the butter and Christmas pudding into the flour to create a light breadcrumb texture.
4. Place the apples in a bowl and mix in the cinnamon and caster sugar. Heat on high in the microwave for around 3 minutes until the apple begins to soften slightly.
5. Transfer the apples into an oven-proof dish and top with the crumble.
6. Bake in the oven for 20–30 minutes. apples into an oven-proof dish and top with the crumble.

Unfortunately, not all Christmas leftovers are reused.

Over **seven million tonnes** of Christmas dinner is thrown in the bin each year. Try to make sure that you don't buy too much, or recreate your leftovers into a different dish.



Reindeer facts

Reindeers are amazing animals that roam the forests and Arctic tundras of Scandinavia, Russia, Alaska and Greenland.



Reindeer are also known as caribou.

There are 7 species of caribou, and they all grow to around 1.2m. Their antlers weigh up to 15kg!

Why do they shed their antlers?

The antlers grow rapidly, and while that is happening a lot of blood is flowing through them. When they harden in August, the blood reduces, and eventually they fall off in the winter. Female reindeer don't lose their antlers until spring.



Did you know...

In the spring, reindeer can form super herds with 50,000 to 500,000 members! They follow a food source, and can travel south for 1,000 miles when food is scarce.

Fun fact

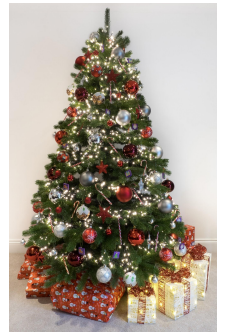
Reindeer can run at speeds of 50mph, and can swim at 6mph!

How can we help?

Sadly, reindeer are a vulnerable species. Climate change is causing the Arctic to warm up, and unfamiliar plants are replacing the reindeer's food source, meaning they have to travel further in the winter. Reindeer don't live in our country, but we can help our local wildlife by not adding glitter to our reindeer food, as it can cause air, soil and ocean pollution.

Recycling your Christmas trees

Instead of throwing away your Christmas trees, you could donate it to charities where they turn them into wood chips for local parks. In Sweden, you can buy a Christmas tree with the roots so you can replant it when Christmas passes. Perhaps something like that will be established in the UK in the future.



Recycling your wrapping paper

Wrapping paper creates a lot of waste at Christmas. However, if you remove any sellotape, glitter, ribbons, tags or anything that can't be recycled, you can put it in your recycling bin.



Thank you for reading the second issue of the Eco Newsletter!

From the Eco Team

Written by Bella

