

Monthly Newsletter

NEW

ECO-FRIENDLY ●

DATE ●

12/18/23

Top News:

Dec 20 (unity day) Collab with another environmentally friendly company and give a 10% to each other's customers

Dec 25- 20% off on all items

Dec 31/ Jan 1- 48 hours Spin a wheel offering deals to our customers

Welcome To Our Company:

Welcome to eco sports & lifestyles first ever newspaper letter!!!!!!

our team is so excited to welcome you to our company and get you to know a bit more about us.

eco sports and lifestyle is a company that sells eco friendly sportswear items not just for athletes but for everybody



DREAMING OF A GREEN HOLIDAY? HERE ARE 15 SUSTAINABLE HOLIDAY TIPS FOR AN ECO-FRIENDLY HOLIDAY

1. USE SUSTAINABLE HOLIDAY GIFT WRAP

What looks beautiful under your tree might be less so further down the waste stream. Most mass-produced wrapping paper and gift bags are printed using unsustainable inks and are coated with shiny foils, reducing their recyclability. Get creative and wrap gifts with materials that you already have, like old magazines, newspapers, comics, or paper shopping bags. You can also use clean fabric like scarves, bandannas, or even dish towels for a reusable wrapping. Create your own bows from strips of colorful paper and accessorize with twine, pressed leaves, and pinecones

2. PREPARE AN ECO FRIENDLY FEAST

While preparing all of your favorite holiday dishes, try to support local farmers that grow sustainable meat and produce. Not only will fresh, local ingredients lend an extra vibrancy to your meals, the food will taste better, too. As a bonus, you'll be keeping your dollars in the local community, and supporting businesses that may be struggling in a post-COVID economy. Finally, a local, sustainably farmed roast or ham is always going to be better for the environment than factory farmed meat that has been shipped from thousands of miles away.



3. GET A REAL TREE

Why? Real Christmas trees are more environmentally friendly than fake ones, which are made from plastic that will take hundreds of years to break down. But don't get just any tree: some growers use up to 40 different pesticides and even add chemical colorants! Ask your local Christmas tree grower about their practices or search for a sustainable farm near you. Besides using less pesticides, a sustainable farm will plant more trees than they cut down each year. And those that they do harvest will be selectively cut in patches to maintain a healthy rotation.

4. SWITCH TO LED HOLIDAY LIGHTS

While Christmas lights don't use as much electricity as some other decorations, switching to LED lights can save you around \$50 on your holiday season energy bills because they use 90% less energy. Still not convinced? LEDs release very little heat and last about 200,000 hours, so you won't have to replace them for a long time. And according to one study by the US Department of Energy, if everyone in the US replaced their conventional string lights with LEDs, it would save about 2 billion kWh of electricity each month.

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5. GIVE SUSTAINABLE CHRISTMAS GIFTS

Keep your holiday footprint small by purchasing locally crafted gifts from small businesses. And if you can't find everything on your list close to home, check out our eco-friendly holiday gift guide for plenty of great ideas! Everything on the list is produced by our partners, which means that anything you purchase will plant a tree! And from top of the line skincare that's friendly to you *and* the planet, to stylish, high quality sustainable clothing and unique, well-made toys, there's sure to be something for everyone on your list.

6. MAKE SUSTAINABLE CHRISTMAS DECORATIONS

Get creative and use things that you have around the house to create your own unique, adorable Christmas decorations. This can be extra special, for example, if you use items from loved ones to create a memento ornament that will remind you of all the beautiful Christmas memories you have shared. It's also a great project to keep kids busy when they're on break from school, or a fun excuse to host a crafting party with your friends and family!



7. SEND A CARD THAT PLANTS TREES

As the holidays draw near, many of us may wish to send a card to commemorate the season. But as appreciated as they are in the moment, cards often get thrown away once the holiday season is over. The solution? Send an eco friendly holiday greeting card that's made from recycled or recyclable paper — or, choose from one of our several e-card options to go zero waste and plant a tree to boot!

8. GIFT AN EXPERIENCE THEY CAN LOOK FORWARD TO

Gift something that can be enjoyed in the future, like tickets to a rescheduled game, comedy show, play, or concert, a fun day trip, a museum membership, guitar lessons, or even a gift card to a favorite local restaurant or business. You'll be supporting a local business and giving your recipient something to look forward to!

9. HANDCRAFT SOME AWESOME DIY GIFTS

With inflation affecting everyone's budget this year, try creating a gift basket filled with homemade body care products like soaps, lotions, bath bombs, and lip glosses — or one filled with holiday cookies, infused liquors or extracts, fudge, spiced nuts, and more. Add some special touches like homemade ornaments, a favorite bottle of wine, or a book you loved this year, and it's bound to please!



11. DO A GIFT SWAP

In the spirit of the season, sometimes we can get caught up in the excitement of buying what we think is the perfect gift. And perhaps you have a few of those "perfect" gifts in the back of your closet. Set some ground rules, and get a group of friends or neighbors together for a gift swap! You never know what treasures you might find.

10. DONATE TO CHARITY

Having trouble finding something for that certain person on your list who has *everything*? There are so many awesome nonprofits and charities out there, so find one that resonates, and make a donation in their name! It doesn't have to be a huge donation to be meaningful, but they sure will appreciate the thought that you put into it!



12. RECYCLE YOUR CHRISTMAS TREE

Every year, over 10 million Christmas trees end up in landfills. We know that, especially when living in an urban setting, it can be challenging to properly dispose of your tree, but many municipalities offer solutions to this. So look into what local programs are available, like turning your tree into mulch or wood chips, or even donating it towards an environmental project like stream bank stabilization.