

OCEANIC GLOBAL'S NY HUB
PRESENTS



Keep Spirits High With This
Sustainable Holiday Guide

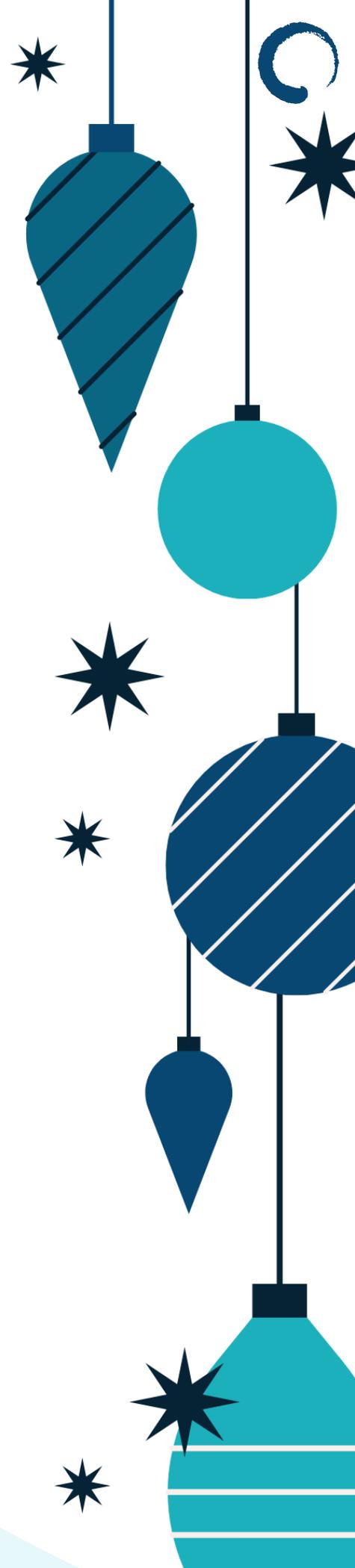


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Holiday Waste

During the holiday season between Thanksgiving and New Years, Americans throw out **25% more trash than the rest of the year**—which is **1 million extra tons of trash**





Eco-Friendly Gift Ideas

Sustainable living is a lot about buying less and using what you already have. But during the holiday season, shopping for gifts can feel unavoidable. If gift giving is your love language, here are 6 ways to gift more sustainably:

- **Buy intentionally.** Ask your friends and family what they'll actually use and try to find that item locally, secondhand, or from ethical, sustainable brands.
- **Explore Oceanic Global-approved gifts** from a few of our favorite partners and vendors, which range from beauty and wellness items to travel must-haves. Check them out here!
- **Adopt a coral reef or make a donation** in someone else's name.
- **Gift an experience**, such as concert tickets, National Parks passes, a dinner reservation, or even a cooking class.
- **Give the gift of your time and resources.** Volunteer with loved ones at a local organization to make an impact within your community.
- **Gift a plant.** House plants can actually reduce stress levels and decrease indoor pollutants, which is great for people who work from home.

Bonus: they look cute and they're compostable!





Sustainable Tips For *Gift Wrapping*

There are many ways to wrap gifts while still keeping the environment in mind. Traditionally, the go-to method is to use beautiful wrapping paper, fasten it with Scotch tape and finish it off with a bow. But this method is pretty wasteful, as most decorative wrapping paper and plastic tape can't be recycled.

Here are a few sustainable wrapping tweaks that focus on repurposing items or using materials that you can find around your house.

- Avoid decorative paper and instead wrap presents with newspaper, repurposed paper bags, fabric or cloth bags.
- Reuse wrapping paper or gift bags from a previous present you've received.
- Avoid using Scotch tape because it's plastic and can't be recycled! Instead, use fabric ribbon or twine to keep gift wrapping together.
- Repurpose cardboard boxes into larger gift boxes and repurpose a glass jar to hold small gift items.
- Skip synthetic ribbon and use cloth ribbon or twine that can be reused year after year.
- Avoid using sticker labels on gifts; they aren't recyclable due to the sticky adhesive. Use paper tags instead!





Zero-Waste Oat Milk *Recipe*

Appliances

- Blender
- Nut bag, cheese cloth or fine strainer

Ingredients

- 1 cup organic old-fashioned rolled oats
- 4 cups filtered water
- Optional flavor enhancers like a pinch of kosher salt, 1 tsp of vanilla extract, 1 tbsp of maple syrup, and/or fresh coconut

Directions

1. Add oats and water into the blender and blend for approximately 20 to 30 seconds
2. Add optional flavor enhancements and blend for another 10 seconds
3. Place nut bag over a large bowl or spouted cup and slowly pour milk through the bag and into the bowl
4. Lightly lift the bag and allow milk to naturally drain at it's own pace (do not squeeze to hurry the process)
5. Pour milk into pitcher or cups





Zero-Waste Oat Pulp Cookies *Recipe*

Makes 24 Cookies

Appliances

- Large mixing bowl
- Baking sheet

Ingredients

- $\frac{1}{4}$ to $\frac{1}{3}$ cup leftover oat pulp
- 1 cup natural almond butter
- $\frac{3}{4}$ cup granulated sugar
- 1 egg
- 1 tsp vanilla extract
- 1 tsp kosher salt
- 1 tsp baking soda
- Optional: chocolate chips, coconut flakes, or other cookie additions



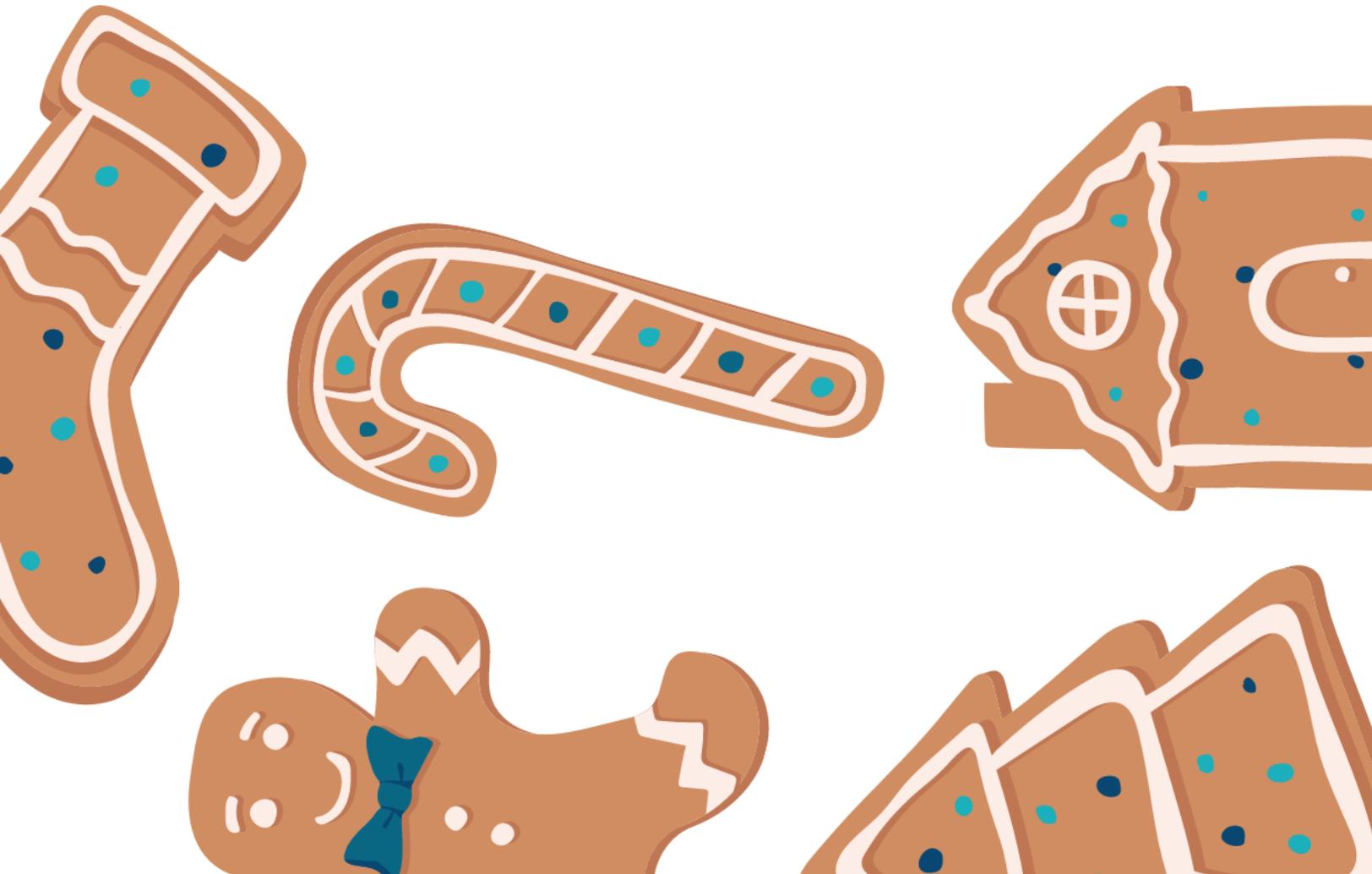


Zero-Waste Oat Pulp Cookies *Recipe*

Continued...

Directions

1. Preheat oven to 350 degrees
2. Scrape out remaining oat pulp from nut bag
3. Add into mixing bowl and mix in along with the rest of the ingredients
4. Spoon cookie dough onto baking sheet with parchment paper, spread approximately 2 inches apart
5. Put into oven and bake for 10 to 12 minutes, or until cookies are golden brown
6. Let cool and enjoy!





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