Have a Green Holiday

Have you ever noticed how much extra trash secretly stashes itself through the holiday season? Experts say Americans throw out millions more tons of waste each week between Thanksgiving and New Year’s Day. This week, The Mini Page gives you some ideas for turning this holiday season green.

Green packaging

The packaging of goods is a big problem. For example, toys are often packed with lots of plastic and paper. Video game cases are made from plastic. Some video games can be downloaded from the internet instead.

Experts say some companies are trying to change their packaging so less is wasted. They want to make packaging out of green products such as recycled cardboard. Buy or ask for gifts that are packaged in a green manner.

Green trees

The best choice for the environment is a living Christmas tree that can be replanted. Keep the tree in a pot and bring it inside. Plant it outside after the holidays.

You might want to dig the hole for the tree before the ground freezes. Or you could keep the tree alive in the pot outside until spring. If you want a real tree that cannot be replanted, try to get it from an organic farm near your home.

Resources

On the Web:

• bit.ly/3flgreenholiday

At the library:

• “Dreaming of a Green Christmas” by Anne Zoet

Mini Jokes

George: What type of music do you like to listen to?
Gina: Wrap music!

Eco Note

Not all countries produce the same amount of waste. Developed countries, such as the United Kingdom and United States, produce far more garbage per person than countries such as India and China. But developed countries also recycle more of their waste. Paper and cardboard make up a third of all household waste. Much of what we throw away is packaging, used to wrap food and other items.

For later:

Look in your newspaper for gift ideas that are eco-friendly. Save up colorful newspapers to reuse to wrap gifts.

Teachers:

For standards-based activities to accompany this feature, visit: © 2020 NPL Standards. And follow The Mini Page on Facebook!

Cook’s Corner

Healthy All-in-One Pancakes

You’ll need:

• 1 3/4 cups uncooked whole-grain oats (not instant)
• 1 cup low-fat cottage cheese
• 1/4 cup brown sugar
• 1/4 teaspoon ground cinnamon
• 1 tablespoon brown sugar
• 1 tablespoon lemon juice
• 1 3/4 teaspoons baking powder
• 1/4 teaspoon baking soda
• 1/4 teaspoon salt
• 1/3 cup milk
• 1 1/2 cups low-fat milk
• 1 1/2 cups water
• 1/3 cup chopped nuts

What to do:

1. Combine all ingredients in a blender; process until mixture is smooth.
2. Coat a nonstick pan with cooking spray and place on medium heat.
3. Pour enough batter into pan for one pancake at a time for five pancakes.
4. Cook until bubbles appear in batter, then flip.
5. Serve with syrup or sliced fruit. Makes 9 to 10 pancakes.

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