

FOOTPRINT

Hill House School

Cambian
INTERNATIONAL SCHOOL

Edition #44 2022

Promoting happy, healthy and sustainable living at Hill House and beyond.

GREEN HALLOWE'EN

When we think about Hallowe'en, ethical and sustainable practice doesn't really come to mind but the amount of waste that this single day can generate is mind-boggling: from flimsy single-use costumes to plastic sweet wrappers and decorations. Hallowe'en doesn't just have a huge impact on the environment, either—it also costs money! So how can we make it more GREEN?



PUMPKINS



Let's start with the traditional Hallowe'en pumpkin. Try buying a pumpkin from a local grower or market, and carving it out to make a classic Jack O' Lantern, keeping the seeds and flesh to eat later: you can roast the seeds, make pumpkin soup, pasta sauce, and even muffins with the flesh.

But what happens to pumpkins in November? In the UK, it's predicted that over 8 million pumpkins will be tossed in the bin after Hallowe'en. In fact, 60% of people who bought pumpkins to carve out, reported they do not use the pumpkin after carving and instead throw it out. Did you know there are many ways you can recycle and reuse your pumpkin? As mentioned earlier, you can cook with the seeds and flesh, but you can also fill your pumpkin with seeds to feed the birds or wildlife or check with local organisations (like community gardens and animal shelters) to see if they will take leftover pumpkins. If these ideas don't work for you, you can always compost your pumpkin and plant the seeds to grow your own for next year.

TREATS

Try to avoid all those individually-wrapped sweets and make your own treats. Freshly baked cookies always go down well and you can decorate them to make them Hallowe'en themed. There's also an even healthier fresh fruit option; why not make banana ghosts and satsuma pumpkins!



#MAKEONECHANGE

FOOTPRINT

COSTUMES

The biggest carbon footprint from Hallowe'en comes from the millions of poor-quality, fast fashion costumes that are mass-produced every year. Most are made from unsustainable materials and are manufactured in countries that have poor labour standards.

What is the most sustainable Hallowe'en costume? The one you already have or can make. Look at what's in your wardrobe, ask friends if you can borrow things, or just jazz up a plain white T-shirt: not only is it better for the environment, it's also better for your budget.

DECORATIONS

When it comes to other decorations, try to reuse old ones from previous years or why not make your own? You can use cardboard to make a skeleton or tombstones, make spiders out of black pipe cleaners, create ghosts out of old sheets, and repurpose your toilet paper rolls and egg boxes to make adorable bats.



With a little thought and creativity, it's easy to decorate for the season without costing too much money and harming the environment.

