POPULATION MATTERS
PEOPLE — NATURE — PLANET

The Big Christmas Wish 2026

More joy. Less waste.

From thoughtful gift ideas to simple festive traditions, there are plenty of ways to enjoy a wonderful Christmas while reducing waste, supporting local communities and treading a little more lightly on the Earth.

Have yourself an eco-friendly Christmas with these top tips from Population Matters' staff and supporters.



Memories over materials

Consider giving theatre tickets, a home-made cooked meal or long-lost photographs. These are presents with purpose that reduce your environmental impact and reduce clutter!



Go second-hand

Vintage, upcycled or handmade gifts are thoughtful, low-impact choices. Try your local charity shop or craft fair or make your own for that personal festive touch.



Love food, hate waste

Be mindful of your meals and get creative with leftovers, or why not share extras with neighbours or freeze them for future meals?

A little more festive inspiration.



Think seasonal, buy local

Choose local and seasonal produce to support UK farmers and your local economy.



DIY décor

Deck the halls... sustainably! Reuse, repurpose and get creative by upcycling old decorations or crafting your own. Paper chains from scrap paper or ornaments made from old fabric make for beautiful, budget-friendly touches.



Eco-crackers

Most Christmas crackers contain single-use plastic. Choose reusable or FSC-certified versions or make your own!

What's your Christmas wish?

Choose a small action that helps make it come true, or share a Christmas card asking loved ones to donate to Population Matters instead of buying you a gift.

Explore The Big Christmas Wish 2026 →

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