

BOULANGERIE

PÂTISSERIE

# HOLIDAY GREEN GUIDE

## AMSTERDAM



HOLIDAY EDITION  
2021

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## ABOUT THE HOLIDAY GREEN GUIDE

This edition aims to show readers how to celebrate the holidays more sustainable.

The guide showcases gift ideas, holiday activities as well as festive food and drink recipes and lastly presents an outlook post holidays.

This is an interactive PDF. Click on the red text or look out for the click me symbol (☞) for more information.

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All about what to do with leftover-materials, food and christmas trees.





# GIFTS

## MATERIAL GIFTS

### PLASTIC FREE

#### PLASTIC FREE STARTER KITS

Introduce your friends and family to a sustainable lifestyle with a zero-waste starter kit. Gifting eco-friendly, reusable and naturally sourced alternatives represent a step forward towards a waste-free lifestyle. Raise awareness for the waste we create in our daily lives and demonstrate how easily we can reduce our waste footprint with just a few swaps. Buy a curated zero waste starter pack such as **this one**. Or get creative and design your own personalised starter kit! Drop by **Dille and Kamille** for a wide range of plastic free products at an affordable price.



# BOOKS



## **A FIELD GUIDE TO CLIMATE ANXIETY: HOW TO KEEP YOUR COOL ON A WARMING PLANET**

by Sarah Jaquette Ray

Drawing on a decade of experience leading and teaching in college environmental studies programs, Sarah Jaquette Ray has created an “existential tool kit” for the climate generation. Combining insights from psychology, sociology, social movements, mindfulness, and the environmental humanities, Ray explains why and how we need to let go of eco-guilt, resist burnout, and cultivate resilience while advocating for climate justice. *A Field Guide to Climate Anxiety* is the essential guidebook for the climate generation—and perhaps the rest of us—as we confront the greatest environmental threat of our time. Get a copy of *A Field Guide to Climate Anxiety* Find Less [here](#).

## **LESS IS MORE: HOW DEGROWTH WILL SAVE THE WORLD**

by Jason Hickel

If we want to have a shot at surviving the Anthropocene, we need to restore the balance. We need to change how we see the world and our place within it, shifting from a philosophy of domination and extraction to one that’s rooted in reciprocity with our planet’s ecology. We need to evolve beyond the dusty dogmas of capitalism to a new system that’s fit for the twenty-first century. Click [here](#) to read more about *Less is More*.

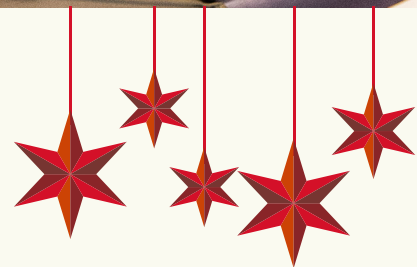




## **STRANGERS: ESSAYS ON THE HUMAN AND NONHUMAN**

by Rebecca Tamás

In Strangers, Rebecca Tamas explores where the human and nonhuman meet, and why this delicate connection just might be the most important relationship of our times. From 'On Watermelon' to 'On Grief', Tamas's essays are exhilarating to read in their radical and original exploration of the links between the environmental, the political, the folkloric and the historical. From thinking stones to fairgrounds, from colliding planets to transformative cockroaches, Tamas's lyrical perspective takes the reader on a journey between body, land and spirit—exploring a new ecological vision for our fractured, fragile world. Find out more [here](#).



## **ONE: POT, PAN, PLANET: A GREENER WAY TO COOK FOR YOU, YOUR FAMILY AND THE PLANET**

by Anna Jones

In this exciting new collection of over 200 simple recipes, Anna Jones limits the pans and simplifies the ingredients for all-in-one dinners that keep things fast and easy. These super varied every night recipes celebrate vegetables and deliver knock-out flavour but without taking time and energy. Click [here](#) to get your copy and start cooking!



## CLOTHES

Do you want to find a new staple piece for friends or family these holidays? Avoid fast fashion with sustainable brands that place value on eco-friendly materials, ethical supply chains, the reduction of carbon emissions and the production of long-lasting and high-quality apparel.

Our **Green Fashion Guide 2021** presents brands and sustainable shopping places in Amsterdam. Based on what you're after you can find your favourite piece in thrift stores, flea markets or online on apps & websites.





# NON-MATERIAL GIFTS

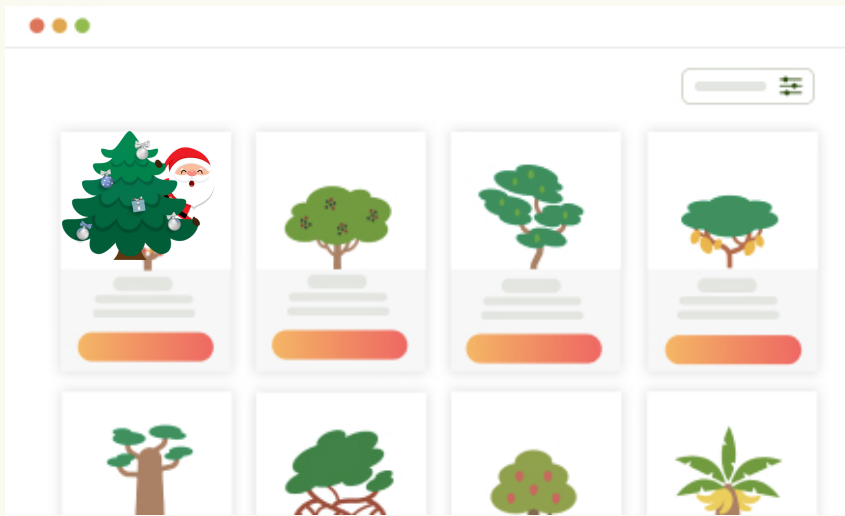
## GIVE STORIES, NOT STUFF WITH 'TINGGLY'

**Tingly** devises a new approach to gifting, challenging the conventional gift-giving culture by offering experiential options as alternatives to material goods. Their mission is to change the culture of gifting, bringing happiness by reducing the number of material things cluttering people's lives.

How does it work? One gift buys you an entire collection of amazing experiences for the recipient to choose from. Experiences come in many different types, from bungee jumping, spa treatments, cookery classes, hot air balloon rides to more life-enhancing activities which add to our memories and stories we tell. The recipients can decide what their next adventure will be and book it within just a couple of clicks.

Tingly offers experiences anywhere in the world with no expiry date, whilst contributing to a more sustainable world at the same time. 200% of Co2 emissions produced during the chosen experience are offset and a part of Tingly's profits support sustainable projects!

Researchers have concluded that people are **happier with experiential purchases** over material ones irrespective of when you measure happiness: before, during or after consumption.



## PLANT A TREE WITH 'TREEDOM'

For as little as 14,90€ you can be crowned the most original gifter of the holiday season. Gifting a tree goes beyond the present itself. With their ability to absorb carbon dioxide from the atmosphere, trees embody the foundation of life on the planet. In particular, in today's world in which greenhouse gas emissions present the primary driver of climate change, carbon dioxide absorption sources are extremely crucial. So, gift a tree and impact our planet!

This is how Treadom works: Choose a tree according to characteristics such as uses, countries or meaning, write a dedication and lastly decide between sending the gift by email, link or customizable cards. A farmer will plant the tree on his land, your tree will be photographed and geolocated, and have its online page, where you can follow the story of the project it will be part of. Click [here](#) to read more.





# 5 LAST MINUTE GIFTS

Christmas is just around the corner and you had no time to for Christmas shopping! We have all been in your shoes, pondering over possible gift ideas right before the festivities begin.

The Green Holiday Guide 2021 selected five last-minute gifts for inspiration.

1. BEESWAX CANDLES
2. WATERBOTTLE & REUSABLE CUP
3. PLASTIC-FREE LUNCH/COSMETIC KIT
4. PLANTS AND A VASE
5. COOKING CLASS





# FINISHING TOUCHES

Now that you found the perfect present, add the finishing touches with wrapping paper and a card.

Any material can be used to wrap gifts, from newspapers and magazines to **fabric**. You can also re-use wrapping paper from the years before.

Another great way to gift your present is by using a gift bag, which can eventually be reused by the next person.

When wrapping your present be sure to reduce the amount of tape you're using and try to just solely make use of plastic-free string.

For extra decoration, you can tie a little branch of your Christmas tree, dried citrus, or a cinnamon stick to the gift. This will make any one-coloured wrapping paper look beautiful.

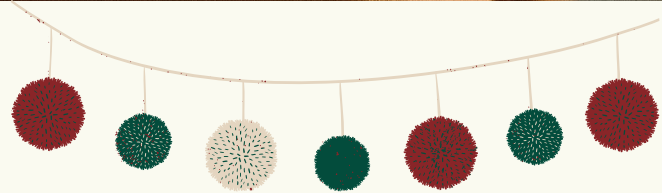
Look out for **FSC** or **PEFC** logos on your wrapping paper. This means that the paper used, is not a product of illegal logging or irresponsible forest management.





# ACTIVITIES

## DECORATIONS



### 1. SALT DOUGH ORNAMENTS

Salt dough ornaments are a very affordable way to create wonderful Christmas decorations.

Here is a small description of how to make them:

- Mix Flour, Water and Salt in a 2:1:1 ratio
- Roll out the dough until it is roughly half a centimetre thick and use cookie cutters to cut out the shapes. Use a stick to poke a hole at the top.
- Bake at 120°C for 180 minutes, and flip them halfway through.
- After cooling down, use acrylic paint to decorate the ornaments and pull a ribbon through the hole at the top.



## 2. DRIED CITRUS GARLAND

Dried citrus garlands are very easy to make. All you need are different kinds of citrus fruit and lots of time.

Here is a small description of how to make them:

- Preheat the oven to 75°C
- Cut citrus fruits (lemons, limes, oranges, grapefruits) into half a centimetre thick slices
- Bake until you are sure that the fruits are fully dried because otherwise, they might mold after a while. This could take between 2.5-8 hours. Turn the slices every 1-2 hours. Alternatively, you can put the slices on a plate on the heater. They might take a while longer to dry, but this alternative is more energy-efficient if your heater is turned on anyway.
- Once the slices are dry you can use yarn and attach the slices to it.

## 3. POPCORN STRING

Popcorn string is a fun way to decorate your home, while on a budget and is quite sustainable. Simply make some unflavored popcorn (or use leftover popcorn from a movie night the day before). Once the popcorn is cold and stale, use a needle and thread and attach the popcorn to the thread. Voila!

## 4. CONFETTI

Selfmade confetti is a great sustainable alternative for the festive season. Simply use a hole puncher to cut pieces out of dried leaves, leftover small pieces of wrapping paper, old notes or dried flowers.

Some **Tips** for sustainable decorating during the festive season:

If possible, use **glass ornaments** and **LED lights** for your Christmas tree. In regards to candles, try finding candles made of **soybean** or **beeswax**.

# AT HOME



## 1. DONATING CLOTHES

Gloomy day? Perfect time to sort out your clothes and get rid of them before the new year! Once you've sorted out your clothes, donate them to places such as **Leger des Heils ReShare Stores/containers**, or sell them on second-hand fashion apps such as Vinted.

## 2. MOVIE NIGHT

In the mood for a movie night? **Here** is a great tutorial on how to make your own projector with just a box.

If you need some movie suggestions, here are our personal favourites:

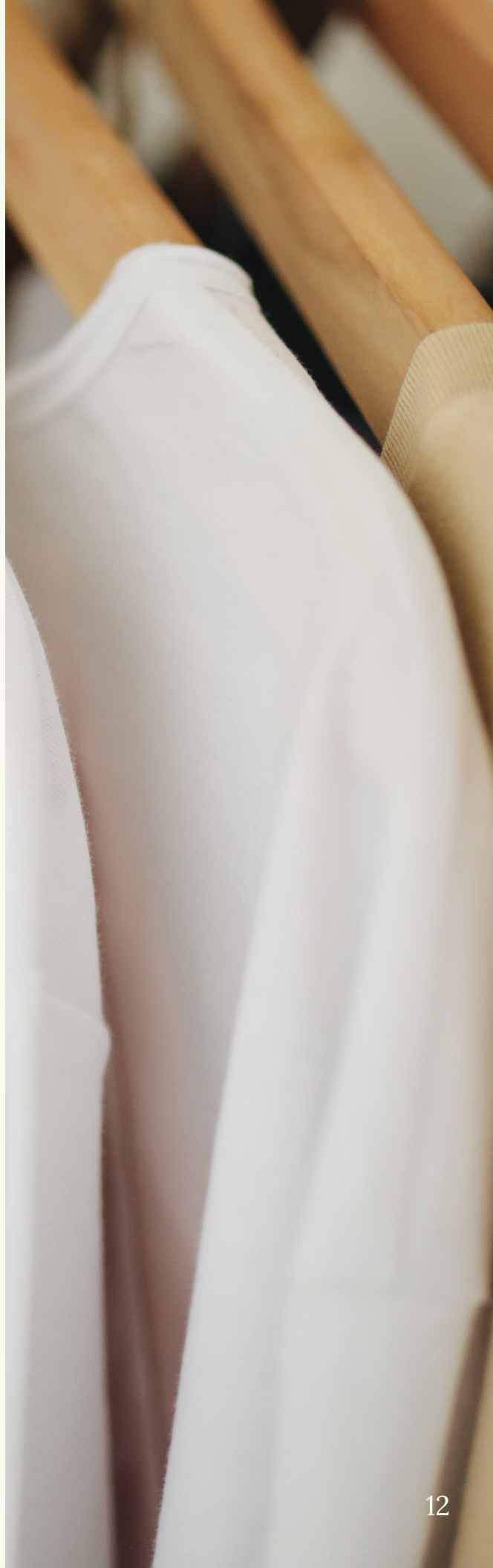
- Home Alone
- Love Actually
- The Nightmare Before Christmas
- How the Grinch Stole Christmas
- The Polar Express
- A Christmas Carol

## 3. SECRET SANTA

Gather your group of friends and do Secret Santa. Everyone randomly gets assigned to one of the others (secretly of course) and has to give them a gift.

### TIPS:

- Agree on a Budget.
- This is the perfect opportunity to get rid of anything you don't want anymore but think another person would enjoy.



# EVENTS

## 1. AMSTERDAM LIGHT FESTIVAL

The **Amsterdam Light Festival** is the perfect opportunity to go on a walk with your friends and experience Amsterdam in a new way. The 6.5. km route takes you around beautiful light artworks in the centre of Amsterdam. For 7.50€ you can buy the map or just wander around Amsterdam while looking out for the light installations for free.

## 2. WINTER AND FLEA MARKETS

Amsterdam also has a few winter markets to offer during this season. You can visit the **Pure Market**, for example, or the **Funky Xmas Market**. A visit to Europe's biggest flea market is also always a good idea. **IJ-Hallen** is a great place to get second-hand clothes or little trinkets for your home.

## 3. GLÜHWALK

A popular activity this time of year is going on a Glühwalk. From Thursday until Sunday, multiple bars and cafes around Amsterdam offer Glühwein (mulled wine) for a fair price, and you can walk from one place to another. Make sure to check out the Instagram page (@gluhwalk), to stay updated and see the specific routes in Oost and West.



# WALKS AROUND AMSTERDAM

## 1. CITY CENTRE

The Negen Staartjes (9 Small Streets) lie at the heart of Amsterdam. Stroll through the most trendy shopping streets of the town and get to know the Negen Straatjes in their winter pride. Surrounded by the Prinsengracht canal from the west and the Singel canal from the east, warm festive lights illuminate the old streets, creating a unique holiday ambience. In just under an hour you can discover this beautiful part of Amsterdam at any time of the day. Don't forget to stop by one of the many cafes in the area to warm yourself up with a hot beverage!





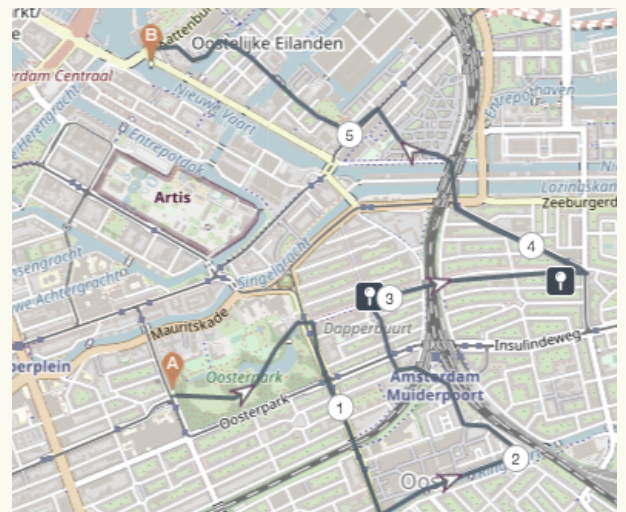
## 2. NOORD

Amsterdam Noord is an upcoming part of the city with some of the the most cutting-edge architecture and new residential buildings. Once a place primarily for housing ship builders, it is the perfect place for a quite and lovely walk. You



## 3. OOST

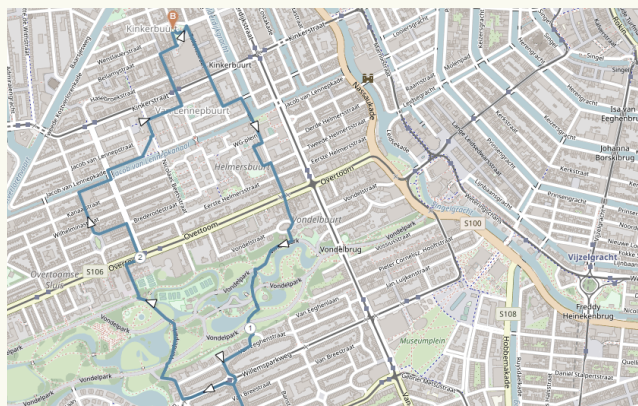
A melting pot of culture, Oost is the place to explore if you have a love for mouth-watering food and small trendy boutiques, where the modern and the hip collide with the historic and vibrant. Expect yourself to pass by the infamous spots such as Oosterpark, while also finding yourself lost in the labyrinth of the Berlageblokken, which is filled with apartments designed by the lovely architect Hendrik Petrus Berlage, including the Javastraat and the Dappermarkt.





## 4. WEST

Many people call West the most vibrant district of Amsterdam - and for good reason. On this walk, you will start at Bellamyplein. From there, you will pass beautiful architecture and canals towards the famous Vondelpark. Below Vondelpark, the neighbourhoods Museumkwatier and Willemspark impress with many stores, cafes, restaurants and once again beautiful architecture. If you want to walk back to Bellamyplein, you can do so by strolling back through Vondelpark and Cremerbuurt.



## 5. ZUID

Zuid offers a lot of pretty nature walks. One beautiful place to take a walk is in the Amsterdamse Bos. There are lots of different routes to take. Another nice area to go for a walk is along the Amstel river (plotted below). This is a great walk for looking at beautiful houses and farms and is around 5.5 km. Alternatively, you can just walk along the Amstel and back.





# DRINKS

For more ideas click [here](#) or [here](#).



## 1. MULLED WINE

### INGREDIENTS:

- 1 Bottle of red wine
- 1 Orange
- 4 star anise
- 2 cinnamon sticks
- 1 vanilla bean
- 3 cloves
- 2-3 TBS Sugar/Agave/Honey
- Optional: Hard alcohol such as Vodka or Rum

- Heat up (don't cook) wine.
- Mix everything together and let sit for at least an hour (or overnight).
- Heat up (don't cook) before serving.



## 2. HOT CHOCOLATE

### INGREDIENTS:

- Plant-based Milk
- Dark Chocolate (vegan)
- Cinnamon
- Maple or Agave Syrup
- Vegan Marshmallows

- Heat up all the ingredients (except for the marshmallows) in a small pan.
- When warm, pour the hot chocolate into a cup and top it off with the marshmallows.

## 3. MERRY CHRISTMAS COCKTAIL 🎆

### INGREDIENTS:

- 30 ml Gin
- 30 ml Cranberry Juice
- 1 tsp Lemon Juice
- 90- 150 ml Club Soda
- Cranberries (decoration)

## 4. CHRISTMAS MARGARITA 🎆

### INGREDIENTS:

- Cinnamon sugar for the rim
- 45 ml Blanco tequila
- 15 ml orange liqueur
- 30 ml coconut milk
- 15 ml lime juice
- 15 ml white cranberry juice
- Lime wedge (decoration)
- Cranberries (decoration)
- Rosemary sprig (decoration)

## 5. CHRISTMAS JONES COCKTAIL ✨

INGREDIENTS:

- 45 ml vodka
- 150 ml pineapple juice
- 4 fresh strawberries
- 2 teaspoons superfine sugar
- 90 - 120 ml lemon-lime soda
- Mint sprigs (decoration)

## 6. MIDNIGHT MARTINI ✨

INGREDIENTS:

- 45 ml espresso vodka
- 15 ml coffee liqueur
- 7 ml cinnamon syrup (optional)
- Lemon twist (decoration)

## 7. GOOD LUCK CHARM ✨

INGREDIENTS:

- Sugar, for the rim
- 45 ml bourbon whiskey
- 25 ml limoncello
- 60 ml fresh lemon sour
- 5 to 6 spearmint leaves, torn
- Lemon wheel (decoration)

## 8. TWENTIETH CENTURY COCKTAIL ✨

INGREDIENTS:

- 45 ml gin
- 15 ml white crème de cacao
- 15 ml Lillet Blanc
- 7 ml lemon juice





# FOOD

For more ideas click [here](#).

## 1. GINGERBREAD COOKIES

### INGREDIENTS:

- 1 tbsp ground flax seeds + 3 tbsp water
- 192 g almond flour
- 65 g (gluten-free) flour
- 1 tsp cinnamon
- 1 tsp ground ginger
- 1/2 tsp ground nutmeg
- 1/4 tsp ground cloves
- 1 tsp baking soda
- 1/4 tsp salt
- 110 g softened coconut oil
- 100 g coconut sugar
- 70 g molasses
- 1 tsp vanilla
- 1 tbsp freshly grated ginger
- 50 g granulated sugar (for rolling)

1. Mix the flax seeds with water and let sit until the mixture thickens.
2. Combine almond flour, gluten-free, cinnamon, ground ginger, nutmeg, cloves, baking soda, and salt.
3. In a separate bowl, combine the coconut oil, coconut sugar, flax mixture, molasses, vanilla, and grated ginger.
4. Combine both mixtures and refrigerate the dough for 30 minutes.
5. Form the dough into balls and roll each ball in the granulated sugar. Place on baking sheet.
6. Refrigerate the balls for 20 minutes.
7. Preheat oven to 180°C.
8. Bake cookies for 10 minutes.
9. Let cookies cool on the tray for a few minutes before transferring to a cooling rack.

## 2. ALMOND CRESCENT COOKIES ✨

### INGREDIENTS:

- 65 g (glutenfree) flour
- 65 g almond flour
- 4 tbsp almond butter
- 2½ tbsp maple syrup
- 1 tsp vanilla extract
- ½ tsp almond extract
- ⅛ tsp salt

1. Preheat oven to 170°C.
2. Mix all ingredients together in a bowl. Add more almond butter if needed. Once mixed, form crescents using about 1 tbsp of dough and place cookies on the baking sheet. Be sure to leave enough space between the cookies.
3. Bake in the oven for 15 - 25 mins (according to preference). Cool completely on a wire rack, dust with powdered sugar.



# 3. SUGAR COOKIES ✨



## INGREDIENTS:

- 170 g powdered sugar
- 1/8 tsp salt
- 220 g soft but not melted coconut oil
- 60 ml plant-based milk
- 1 tsp vanilla
- 300 g all-purpose flour
- 2 tbsp cornstarch
- 2 tsp baking soda
- 230 g powdered sugar
- 2 tbsp plant-based milk
- sprinkles

1. Mix powdered sugar, salt, coconut oil, milk and vanilla in a bowl. Add flour, cornstarch and baking soda. Add more milk, if the dough is too crumbly. Refrigerate dough until firm.
2. Preheat oven to 180°C. Roll out the dough and cut with cookie cutters. Place shapes on the cookie sheet and bake for 7-8 minutes until the edges just begin to turn golden brown. Cool on a wire rack.
3. For the icing, mix powdered sugar and milk. Spread on cooled cookies. Use sprinkles as desired.





# POST-HOLIDAY

## ADOPT A CHRISTMAS TREE

Every year, lots of people enjoy the cosy atmosphere that a decorated Christmas tree brings to their homes. The holiday season typically sees them be bought, set up, decorated, lit, surrounded by presents and soon after thrown onto the street as they make space for fast approaching Easter decoration. Certain ways of disposing of Christmas trees such as the Dutch tradition of kerstboomverbranding (Christmas tree burning) re-release all the CO<sub>2</sub> that a tree binds over its lifetime.

One alternative is to adopt a Christmas tree. There are several companies in Amsterdam alone that offer to deliver your tree before and replant it after the holiday season so that it is ready to light up another living room the following year.

**[Click here to adopt a tree!](#)**



# RE-USE

## MATERIALS

Holiday-specific materials such as wrapping paper and Christmas crackers are often discarded, however that does not have to be the case. While nobody should be asked to preserve utterly ruined shreds of paper, keeping in mind ways to create a beyond-holiday afterlife for these materials is still handy.

One example is self-made that was mentioned early in this guide. A quick internet search will otherwise provide a huge amount of arts-and-crafts ideas ranging from envelopes to ornaments to simply re-using it when it's once again time to wrap a present.



# LEFTOVERS



Exact dishes may differ but most people would agree that a holiday celebration wouldn't be complete without a delicious meal. As this guide is not a 10 commandments version of sustainable living, we will leave recipes up the family and friend-group traditions.

The one thing we do want to talk about however, is the handling of food leftovers. They are often enjoyed for several days after the actual meal and included in all sorts of leftover-recipes. If beyond this time, there still remains food waiting to be eaten, one good idea is to consider food-sharing. This not only prevents wasting food, there are also always plenty of people in need of food, the holiday season is no exception. In Amsterdam, simply look up the ZeroWaste map to find locations where food-sharing is organised.

**[Click here to find locations for food-sharing in Amsterdam.](#)**



# CREDITS

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If you are a green business looking to be featured  
in our Green Guide, please message us. We will  
gladly consider you for the next edition.



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