

# How to Make your Canada Day Party Sustainable

## Celebrate Canada's 150th birthday by taking care of our beautiful country

This year, most Canadians are planning a proper shindig to celebrate the milestone birthday of their native land. And while we encourage festivities, we also support parties that don't negatively impact those beautiful natural places that make Canada so special. Here are some tips on how to enjoy your Canada Day sustainably.

### Festive Food

- Locally-grown foods will not only go a long way to supporting local farmers, but will reduce the carbon footprint of your food.
- Eat fruits and vegetables that are in season so that they don't have to be imported over long distances.
- Prepare your own dishes at home or get guests to participate in a potluck so that you aren't buying ready-made food in disposable containers.

### Eco-friendly Decorations

- Avoid cheap dollar-store items that will only end up in the landfill. You can [make bunting](#) from fabric that can be used again for future celebrations.
- Plant your garden with red and white flowers for a natural celebration.
- Decorating with flags is a great idea if you are able to reuse them at future national events.
- Avoid floral arrangements that are not [locally grown](#). Imported flowers have a large carbon footprint and may also be sprayed with chemical pesticides, some of which are banned in Canada.
- Opt for fabric tablecloths and napkins which can be placed in the laundry rather than disposable ones that end up in the landfill.
- Avoid disposable cups, plates and flatware or, if you must, opt for biodegradable items that can be composted.
- It takes [200 years for a drinking straw](#) to decompose, so make drinks that don't require straws.

### Sustainability is in the Details

- Opt for recycled toilet paper. If each household in Canada used 1 roll of recycled toilet paper rather than virgin paper, we would save [47,962 trees every year](#).
- Set up a social media page where guests can rideshare. This reduces their traveling carbon footprint.
- Send party invites via email or online rather than using cards.

- Encourage party guests to take home leftovers rather than sending them to the landfill.
- Set up recycling and composting bins so your guests can effectively separate their garbage.
- As a party favor, give your guests some [native Canadian plants, seeds or bulbs](#) so that their gardens can be a haven for local wildlife.

One of the best things you can do to celebrate Canada Day is to plant a tree. Opt for a native tree species for your own garden, or [donate a tree](#) to a reforestation program.

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