

Green Gift Guide

YOUTH TO SEA



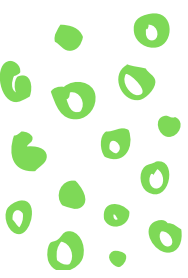
The holidays is a time full of celebrating, spreading love, and experiencing the joy of gift giving. Here we have compiled a list of sustainable gifts to give to your loved ones this holiday season!

Our vision is a world in which oceans are healthy and flourishing. Our mission is to inspire the global community to become Ocean Wise by increasing its understanding, wonder and appreciation for our oceans.



ocean wise

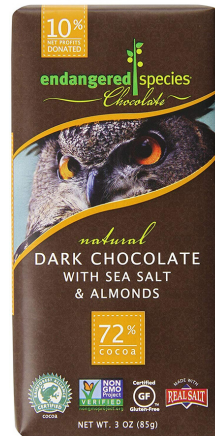
For the Foodie



FAIRTRADE CHOCOLATE

Who doesn't love chocolate? *Endangered Species* and *Divine* offer a variety of delicious chocolates made with fair trade certified ingredients. Even better, *Endangered Species* donates 10% of their profit to conservation efforts.

Available at Choices Markets, Whole foods, Ten Thousand Villages



SILPAT

This is a reusable silicone baking mat -no need to use aluminum foil, wax paper, or parchment paper for all your holiday baking. They are dishwasher safe and last a long time!

Available at Canadian Tire, The Market Kitchen Store, Bed Bath and Beyond, Bon Macaron



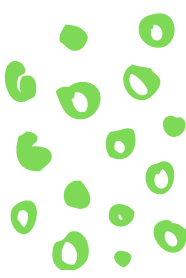
BEESWAX WRAPS

Beeswax wraps are super useful when storing holiday leftovers. They can be used over and over again, and composted at the end of their life. *Abeego* and *Suzy's Bees Wraps* are fantastic local brands that ship plastic free, or make your own (it's super easy)!

Available at Choices Markets, Whole foods, The Soap Dispensary, Nada, EastVan Bees, Bird on a Wire



For the Foodie



DAVIDS TEA

Tea bags often contain plastic so looseleaf teas are a greener alternative. *DAVIDs Tea* has a huge collection of fair trade and organic looseleaf teas. They also carry super cute mugs and tumblers for a delicious cup of tea!



REUSABLE STRAWS

Using reusable straws are a super easy way to use less plastic. This makes a great gift for a turtle-loving drink connoisseur. Reusable straws come in materials such as glass, silicone, and metal. *Glass Sipper Straws* is a Vancouver based company and sells quality glass straws with a lifetime warranty. You can even get straws with a whale or a pineapple on it!



Available at Nada Grocery, MEC, Make, Canadian Tire, Bed Bath and Beyond
Glass Sipper Straws available at The Soap Dispensary



For the Fashionista

ELATE COSMETICS

Elate Cosmetics offers makeup products from vibrant lipsticks to a choose-your-own-shades eyeshadow palette in low or zero-waste packaging. The majority of their products comes in bamboo and seed paper packaging, and some products are even refillable!
Available at The Soap Dispensary, Harlow Atelier, Green Beauty Collective



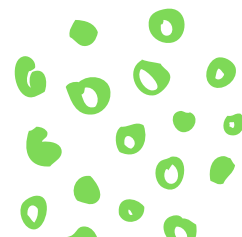
CRUELTY-FREE NAIL POLISH

Having colourful nails is fantastic but many popular nail polish brands test on animals. Some great cruelty-free nail polish brands include *Piggy Paint*, *ella + mila*, *Butter London*, *Orly*, and *Deborah Lippmann*.



SHAMPOO BAR

Lush is a great eco-friendly company and one of their coolest products are shampoo bars. They come with zero plastic packaging, are great for travelling, and last a long time. They leave your hair feeling clean and they smell absolutely amazing (The *Honey I washed my hair* bar smells the best!)



For the Eco-warrior

GUPPYFRIEND BAG

Every time clothing made from synthetic fibers (e.g. polyester, nylon) are washed, hundreds of plastic microfibers enter waterways. A Guppyfriend prevents these microplastics from entering our oceans. Perfect for your friend who wants to rock a Patagonia sweater while keeping the seas clean! Available at The Soap Dispensary, Patagonia



STOJO COFFEE CUP

This travel mug is not quite like any other - it's collapsible! Its compact size makes it super easy to keep in your bag so you'll always have it with you. It's also leakproof and dishwasher safe, and available in different colours and sizes.

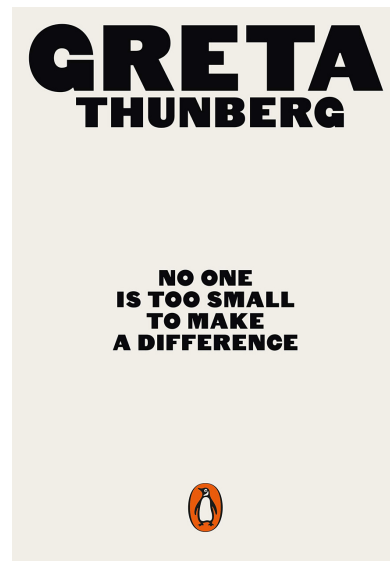
Available at MEC, Chapters, Bed Bath and Beyond, Cartems Donuts



NO ONE IS TOO SMALL TO MAKE A DIFFERENCE

This book contains eleven speeches from climate activist Greta Thunberg. A great read to feel inspired to save our planet, and all proceeds of the book go to charity!

Available at Chapters, Kidsbooks Vancouver, Book Warehouse



For the Adventurer

EXPERIENCES

A memorable experience can be one of the best gifts you can give. It can be anything from a cooking class, concert tickets, or a guided kayak tour, whatever floats your boat!



RECYCLED BACKPACK

Solgaard's bags are made from plastic collected from the oceans. *United by Blue* removes a pound of waste from waterways, and their bags are made from recycled plastic bottles. These backpacks are sturdy, comfy, and fits almost everything.

Available online. United by Blue is available at MEC.

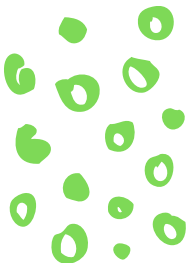


PATAGONIA SWEATER

Made from 100% recycled polyester, Patagonia has the perfect sweater for keeping warm all winter long. They have a wide range of colours and patterns to choose from to be stylish, warm, and sustainable.



For Anyone, Really



PELA CASE

Pela's phone cases are made from Canadian flax shive, a byproduct of flaxseeds that would otherwise go to waste. This makes the case compostable, and it comes in paper packaging. Also, 5% of their sales go towards environmental causes. They have cases for both Apple and Android phones, and they come in many colours and cute designs.

Available at Sunrise Records and online.



SUCCULENTS + HOUSE PLANTS

House plants, such as succulents and cacti, make great eco-friendly gifts. You can also decorate the planter to make it personalized. Give it to a friend who you think will make a great plant parent!

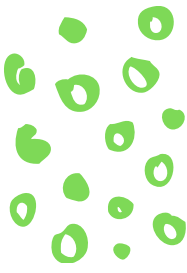


WATER BOTTLE

Using a reusable water bottle is one of the easiest ways to reduce plastic waste! *Klean Kanteen* and *Swell* have lots of insulated water bottles in countless colours and patterns, and they keep water cold all day long! You can also customize water bottles (and mugs) at London Drugs with photos, so if you want to give your best friend a water bottle with your face on it you totally can!



For Anyone, Really



RECYCLED ORNAMENTS

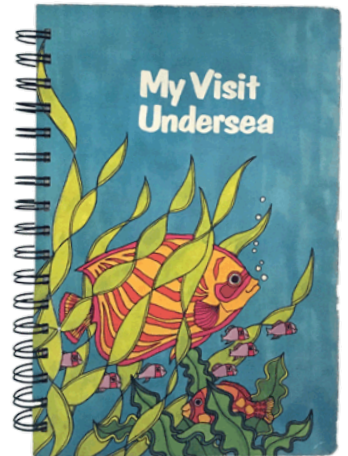
Ten Thousand Villages sells fair trade Christmas ornaments made from recycled newspaper, quilled paper, and saris. They support women in Bangladesh and Vietnam by providing jobs with fair wages. These colourful ornaments are a great stocking stuffer!



RECYCLED NOTEBOOK

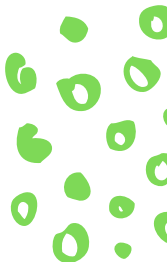
Re-cover journals and Ecojot sells beautiful notebooks made from 100% post-consumer paper. The covers of Re-cover Journals are made from repurposed books. Ecojot uses plant-based ink and glue, and all their notebooks are made in Canada. These would make any stationary addict very happy.

Re-cover Journals are available at Stepback.
Ecojot is available at My Little Green Shop



DIY Gifts

Here are some handmade gift ideas that are super easy to make!



PEPPERMINT BATH SALT

- 1.5 cups epsom salt
 - 0.5 cup coarse sea salt
 - 10 drops Peppermint essential oil
 - 1 tsp pomegranate juice (optional)
 - Jars to put the bath salt in
- Makes approx. 2 cups
Note: Store in fridge and use within 1 week if using pomegranate juice.
1. Mix all ingredients except the pomegranate juice in a large bowl. Split the mixture into two bowls if using pomegranate juice.
 2. (Optional) Add the pomegranate juice to one bowl and mix.
 3. Fill jars with the bath salt. If using pomegranate juice, layer jars alternating with the white and pink salts until full.

BEESWAX WRAP

- Beeswax (beads or grated)
 - Cotton fabric
 - Parchment paper
 - Brush (optional)
1. Preheat oven to 200F
 2. Cut fabric to desired size.
 3. Lay parchment paper on baking sheet. Place fabric on the paper and sprinkle the beeswax.
 4. Place baking sheet in oven for 5-10 minutes, or until the beeswax is melted.
 5. Spread melted wax with the brush and let cool.

GINGERBREAD BODY SCRUB

- 1 cup brown sugar
 - 1/4 cup coconut oil
 - 1 Tbsp molasses
 - 1 tsp cinnamon
 - 1 tsp ground ginger
 - 1/3 tsp ground cloves
 - Jars
1. Mix all dry ingredients in a bowl.
 2. Add wet ingredients and mix until fully combined.
 3. Fill jars with the body scrub. Store at room temperature.

How to use: Place body scrub on wet skin and exfoliate using hands. Wash off with water.



Green Holiday Tips

Some tips to stay eco-friendly this holiday season!

GIFT WRAPPING

- Fabric (e.g. scarves, tea towels)
- Reusable Bags
- Paper boxes
- Glitter-free wrapping paper
- Containers (e.g. tins, jars)
- Use pressed flowers, leaves, and twine for decoration
- Reuse items such as bows and gift bags



HANDMADE GIFTS

Handmade items make great gifts, and are usually eco-friendly. Use your skills and talents to create anything from a knitted scarf, a song you wrote (and a performance!), baked goods (Yum!), or a booklet of funny drawings.

CHRISTMAS TREE

Real or artificial? Real Christmas trees are better for the environment than most people think. Christmas trees are grown on farms, and farmers usually plant a new tree every time one is cut down. Real trees are recyclable and compostable, and they smell amazing! Although artificial trees are reusable, they become plastic waste at the end of their lifetime and they are difficult to recycle. If your family already owns an artificial tree, then reuse it for as many years as possible, but if not, a real tree is the way to go. Potted trees are a great option because they last for years, and produce no plastic waste. You can also rent potted Christmas trees from *Evergrow Christmas Trees*, if you don't want to keep a tree year-round.

