

# ESG Fair Trade, Holiday Idea, and Gift Giving Guide



This holiday season and throughout the year ESG would like to encourage everyone to choose one local, sustainable or recycled gift to give someone on their list.

The suggestions in this guide, whether tangible items or unforgettable experiences, are earth friendly and help support our local economy, including small businesses and nonprofits. And the happiness you bring to your family and friends offers benefits that extend well beyond the holidays. Enjoy the season.

Brought to you by



Dedicated to our friend and co-worker Jock Oubichon.

## LOCAL

According to Independent We Stand, “small businesses accounted for 65% of all net new jobs over the past 17 years.” Shopping locally is not only good for the local economy it is good for the environment.

<http://www.independentwestand.org/learn-more/about/faqs/>

**Bottles & Wood:** See their website to view the beautiful glasses, vases and jewelry that are made from recycled bottles.

<http://www.bottlehood.com/>

**Farmers Markets:** Many farmers markets have crafts and homemade items for sale. Here is a link to the various farmer's markets locations throughout the area:

<http://www.sdfarmbureau.org/BuyLocal/Farmers-Markets.php>

**Summers Past Farms:** Herb garden, gift shop, nursery and classes. Closed Monday and Tuesdays.

<http://www.summerspastfarms.com/index.htm>

## LOCAL MEMBERSHIP GIFTS

What about giving a membership to one of the beautiful museums or gardens we have in the area? Just to get you thinking, here are some we came up with.

### **Balboa Park gift pass**

<http://www.balboapark.org/parkpass/holiday>

### **Birch Aquarium**

<http://pierog.ucsd.edu/secure/sos/gift.php>

Join a **CSA!! Community Supported Agriculture!**

- Be Wise Ranch <http://www.bewiseranch.com/>
- Garden of Eden Organics delivers to campus on Thursdays from 12:30-2:00 <http://www.goeorganics.com/>
- Suzie's Farms <http://www.suziesfarm.com/>

### **Japanese Friendship Garden in Balboa Park**

<http://www.niwa.org/memberships>

### **Reuben H. Fleet Science Center**

<http://www.rhfleet.org/support/membership>

### **San Diego Botanical Garden**

<http://www.sdbgarden.org/membership.htm>

### **San Diego Coast Keeper**

<http://www.sdcoastkeeper.org/give.html>

### **San Diego Food Bank**

Give products, time, or donations

<http://sandiegofoodbank.org>

### **San Diego Maritime Museum**

<http://www.sdmaritime.org/membership/>

### **San Diego Museum of Art**

<http://www.sdmart.org/membership>

### **San Diego Natural History Museum**

<http://www.sdnhm.org/support/become-a-member/>

### **San Diego Zoo & Safari Park**

[https://secure3.convio.net/sdzoo/site/Ecommerce?store\\_id=1941&VIEW\\_DEFAULT=true&FOLDER=1330&TYPE=&NAME](https://secure3.convio.net/sdzoo/site/Ecommerce?store_id=1941&VIEW_DEFAULT=true&FOLDER=1330&TYPE=&NAME)

### **Sea World**

[http://seaworldparks.com/en/seaworld-sandiego/passmembers/?from=Top\\_Nav](http://seaworldparks.com/en/seaworld-sandiego/passmembers/?from=Top_Nav)

### **USS Midway Museum**

<http://www.midway.org/membership>

The **Water Conservation Garden** located at Cuyamaca College has an online membership form.

<http://www.thegarden.org/development/membership.html>

## **INTERNATIONAL MEMBERSHIP GIFT**

**HEIFER International** Help end hunger and poverty:

<http://www.heifer.org/what-you-can-do/index.html>

## **ON-LINE STORES FOR FUN GIFTS**

Whenever in doubt you can always check this guide to find out the social and environmental ratings of each brand or company: <http://www.goodguide.com/>

Learn about where your clothing comes from and the people who make them in "Where Am I Wearing" by Kelsey Timmerman who also created this resourceful site: <http://whereamiwearing.com/KelseysCloset/>

**Aqualibrium Garden:** Self-cleaning aquarium to grow your own herbs, vegetables, and flowering plants.

<http://www.aqualibrium.com/>

**Back to the Roots:** Self-cleaning fish tank that grows food.

<https://www.backtotheroots.com/shop/aquafarm> and Mushroom kit grown from coffee grounds.

<https://www.backtotheroots.com/shop/mushroom-kit>

**Bag It:** merchandise inspired by the documentary to use a little less plastic in your life

<http://www.bagitmovie.com/shop.html>

**CicloSDias San Diego:** Interested in closing streets to cars temporarily? Then join this organization.

<http://www.ciclosdias.com/>

**Earthlover:** (clothing, home, Fairtrade)

[www.earthloversshopping.com/](http://www.earthloversshopping.com/)

**Ecoist:** sells a variety of things [www.ecoist.com](http://www.ecoist.com)

**Eco-Artware:** Eco-Artware.com is a web-based gallery of unique, well-made and environmentally friendly gifts. Our natural and recycled products are eco-friendly and sustainable. They're unique works of art for people who care about our planet. From the comfort of your home, you can buy a unique gift from our online store for any occasion: the winter holidays, a birthday, graduation, anniversary or a wedding. <http://eco-artware.com/about-eco-artware.php>

<http://www.eco-artware.com/>

**Etsy:** the world's handmade market place. For neat one of a kind gifts. Search on recycled, upcycled and repurposed to come up with pages of fun gifts.

<http://www.etsy.com/>

**Fair Indigo:** clothing and gifts some made in the USA, some fair trade. <http://www.fairindigo.com/>

**Gaiam:** clothing, home and garden, a variety of things

<http://www.gaiam.com>

**Great Green Goods:** everything featured on this blog is from recycled materials. [www.greatgreengoods.com](http://www.greatgreengoods.com)

**Grovmade:** eco-conscious bamboo and wool iphone & ipod cases made in Oregon

<http://www.grovmade.com/>

**Eclipse Solar Gear:** This company makes solar charging carrying cases, including backpacks so you can go to the beach and charge your cell phone all at the same time!

<http://www.eclipsesolargear.com/Default.asp>

**Hazelnut Kids:** children's clothes, toys and games

<http://www.hazelnutkids.com/>

**Klean Kanteen:** <http://www.kleankanteen.com/>

**Mighty Nest:** for an eco-friendly & non-toxic home

<http://mightynest.com/>

**Northern Sun:** fun products, t-shirts many made from

organic cotton and/or made in the U.S.A.

<http://www.northernsun.com/>

**NaturalKidz:** children's clothing store, many of the clothes are made from recycled and/or sustainable products.

<http://www.naturalkidz.com/>

**Patagonia:** environmentally conscious clothing

<http://www.patagonia.com/us/environmentalism>

**People Towels** instead of one-time use paper towels, made of 100% organic Fair Trade Cotton.

<http://www.peopletowels.com/>

**PrAna:** clothing store <http://www.pрана.com>

**Real Goods Solar:** carries many sustainable items including solar ovens and solar chargers for your cell phone and other small electronic devices.

<http://realgoods.com/shop/joos-orange-portable-solar-charger>

<http://realgoods.com/>

**Serrv:** to enrich and inspire, Fairtrade, handmade, nonprofit <http://www.serrv.org/>

**Sustain U** is a clothing company focused on changing the way clothes are made to improve the environment, reinvigorate America's manufacturing sector, and educate the world about how clothing can positively impact people's lives. They create 100% recycled apparel that's made in the USA. <http://www.sustainucllothing.com/>

**Ten Thousand Villages:** A fair trade store with a variety of clothes and gift ideas.

<http://www.tenthousandvillages.com/>

**Uncommon Goods:** [www.uncommongoods.com/](http://www.uncommongoods.com/)

**Viva Terra:** for recycled products including dishes, glassware and vases. <http://www.vivaterra.com/>

**YOOGI'S CLOSET:** Authenticated pre-owned luxury goods.

<http://www.yoogiscloset.com/>

## **FOR THE ANIMAL AND PLANT LOVERS!**

Many of these non-profits survive on donations and need help feeding and caring for animals that they rescue throughout the year. If you have an animal lover on your list, this might be one gift idea that they will enjoy.

**Animal Place:** located in the Sierra Nevada foothills, this organization rescues farm animals.

[www.animalplace.org](http://www.animalplace.org)

At **Farm Sanctuary** you can donate money to adopt an animal for a year.

<http://www.farmsanctuary.org/giving/adopt-a-farm-animal/>

Or for a one time donation of \$30.00 you can adopt a turkey. And for a donation of \$210.00 you can adopt the entire flock! Don't worry they don't send the turkeys to you

in a box, once they receive your money; they send you pictures and fun facts about the birds.

<http://www.farmsanctuary.org/giving/adopt-a-turkey/>

**Gentle Barn Farm Sanctuary:** To rescue, rehabilitate and give sanctuary to abused animals. Through the interaction with our animals people learn reverence for all life. Adopt an animal for life! <http://www.gentlebarn.org/>

**Muttville Senior Dog Rescue** – as the name implies, this organization rescues older dogs that get overlooked at the shelters for the younger pups. A \$65.00 donation provides care for one dog for an entire month.

[www.muttville.org](http://www.muttville.org)

**Seed Savers Exchange:** For the gardener on the list, the exchange is dedicated to saving and sharing heirloom seeds. <http://www.seedsavers.org/>

**Spikenard Farm Honeybee Sanctuary:** Located in Virginia this farm raises money to educate people about the importance of honey bees. They recently purchased the land they were leasing and now hope to raise funds to build a building on the property for classes and where the interns can stay who tend to the bees and the farm.

<http://www.spikenardfarm.org/>

**United Plant Savers:** United Plant Savers is a group founded to protect native medicinal plants of the United States and Canada and their native habitat while ensuring an abundant renewable supply of medicinal plants for generations to come. [www.unitedplantsavers.org](http://www.unitedplantsavers.org)

**(Local) City Farmers Nursery:** Complete garden center with organic seeds, hydroponics and pond supplies, koi and water plants. [www.cityfarmersnursery.com](http://www.cityfarmersnursery.com)

## **SOME OTHER FUN IDEAS**

**California Organic Flowers:** Organic bouquets [https://californiaorganicflowers.com/product\\_77](https://californiaorganicflowers.com/product_77)

**Green Field Paper Company:** Handmade paper crafted in San Diego. They also have hemp paper, junk mail paper, garlic paper and Grow-A-Note greeting cards and recycled wrapping paper. This company offsets its electricity use by purchasing wind energy credits.

<http://www.greenfieldpaper.com/index.cfm>

**Kill-a-watt electricity usage monitor:** This device lets a person monitor their home energy usage by seeing how much electricity appliances and other things in your home and garage use. Also available is the Kill-a-watt power strip. Available at most home improvement stores and on Amazon:

[http://www.amazon.com/s/?ie=UTF8&keywords=kill+a+watt&tag=googhydr20&index=aps&hvadid=5317097247&ref=pd\\_sl\\_975f4fm7s1\\_e](http://www.amazon.com/s/?ie=UTF8&keywords=kill+a+watt&tag=googhydr20&index=aps&hvadid=5317097247&ref=pd_sl_975f4fm7s1_e)

**Lunch Skins:** A solution to replace plastic bags made in the U.S.A. They can be purchased online or click on the map to see what stores sell them in your area.

<http://www.lunchskins.com/>

**Maggie Bags:** These handbags are made out of recycled seat belts fabric, whenever possible.

<http://www.maggibags.net/>

The **National Wildlife Federation** has an online store with some organic t-shirts, and other neat gifts, your purchases help support their wildlife programs.

<http://www.shopnwf.org/index.jsp?&sSource=94159&kw>

**Nature Conservancy** for gifts and membership

<http://www.nature.org>

For the handy-person on your list, how about purchasing a **programmable thermostat** for them? These are available at most home improvement stores. According to the EPA -- the average family would save approximately \$180.00 per year by installing a programmable thermostat in their home. <http://www.amazon.com/Best-Sellers-Home-Improvement-Programmable-Thermostats/zgbs/hi/2054378011>

**Soda Stream:** Do you know someone who enjoys sparking water and carbonated drinks? With the Soda Stream you can make your own! And the carbonated container can be exchanged. Just think no more empty bottles.

<http://www.sodastreamusa.com/>

**To-Go Ware:** This company sells utensils set made out of bamboo and stainless steel food containers. Go to their website and enter you zip code to find a retail store that carries their products close to home.

<http://www.to-goware.com/retailers/index.php>

<http://store-fohpy.mybigcommerce.com/bamboo-utensils/>

<http://store-fohpy.mybigcommerce.com/food-carriers/>

**SKOY cloths:** can be used for cleaning. Made of cotton and wood-based cellulose pulp they can be reused. Use SKOY instead of paper towels for all your cleaning needs.

<http://skoycloth.com/our-products/>

**Soul Rebels:** fair trade footwear made in Ethiopia

<http://www.solerebelsfootwear.co/>

**Terracycle:** This is the company that we send all of our defunct pens and markers to. Check out the fun items that they have made from recycled products including the defunct pens and markers that we have sent to them.

<http://www.terracycle.net/en-US/products.html?locale=en-US>

**Toms Shoes:** For every pair of Tom's shoes that is sold, another pair of shoes is given away to a child who does not have any. So buy shoes and feel good, not just because you have new shoes, but because in the process of buying one pair, you are donating a pair to someone in need. Now just think of the potential if other companies did this, even if they did it for just one month a year.

<http://www.toms.com/>

## REUSED & PREVIOUSLY LOVED

Treasure hunt? If you're willing to do a little digging, thrift and resale shops and used bookstores are prime territory for finding vintage treasures and great gifts at a great price. Then there's the added bonus of saving resources while supporting local businesses and charities. Since you never know what you'll find or when you'll find it, consider stopping by your favorite stores throughout the year (and donating or trading in some items of your own while you're there), then stash the gems you've dug up for holiday giving. Craigslist and garage or rummage sales are also great places to hunt for the perfect pre-owned gift.

### **San Diego Area Resale Shops**

[http://www.yelp.com/c/san-diego/thrift\\_stores](http://www.yelp.com/c/san-diego/thrift_stores)

<http://sandiegoalist.cityvoter.com/best/vintage-and-resale/fashion/san-diego>

<http://www.yelp.com/c/san-diego/vintage>

### **Used Bookstores**

[http://www.yelp.com/search?find\\_desc=Used+Book+Store&find\\_loc=San+Diego%2C+CA](http://www.yelp.com/search?find_desc=Used+Book+Store&find_loc=San+Diego%2C+CA)

Support your local library! San Diego public libraries have ongoing sales of weeded and donated books.

<http://www.sandiego.gov/public-library/services/ask/how/booksales.shtml>

**Craigslist & Neighborhood Boards** are worth checking when you have something a bit more specific in mind: <http://sandiego.craigslist.org/>

## IDEAS FOR WRAPPING GIFTS GREEN

### **Remember re-use and recycle!**

According to **Eco-Chick** if every family wrapped just three gifts with re-used materials we would save enough paper to cover 45,000 football fields!!! That is huge, so see if you can find fun ways to wrap just three presents this holiday season. <http://eco-chick.com/2006/11/599/eco-wrapping/>

**Furoshiki** is Japanese wrapping cloth and can be made from all types of fabrics including cotton, rayon and silk. See some ways to wrap various gifts under the technique tab on this site: <http://furoshiki.com/>

There are also some YouTube videos on wrapping techniques.

<http://en.wikipedia.org/wiki/Furoshiki>

**Herbal Dye Gift Bags** make gift bags using plant material <http://mountainroseblog.com/diy-herbal-dye-gift-bags/>

### **Cleaning up after the celebration!**

<http://www.motherearthliving.com/your-natural-home/green-rookie-after-christmas-cleanup.aspx>

### **Recycle your tree!**

<http://www.sandiego.gov/environmental-services/recycling/events/christmas.shtml>



## Eco-trees!

<http://www.gogreenstreet.com/san-diego-christmas-tree/>

## DIY HOLIDAY AND GIFT EVENTS

### December Nights at Balboa Park

December 5<sup>th</sup> 2014 3:00-11:00 p.m. and December 6<sup>th</sup> noon-11:00 p.m. Both evenings the museums in the park open their doors from 5-9:00 free of charge.

<http://www.balboapark.org/decemberevents/>

**Peace Bazaar:** Support local social justice organizations with unique and socially conscious items that make great gifts.

December 6, 2014 10-2:00 @ [Mid-City Gym](#) 4302 Landis St. San Diego 92105 Entrance on 43<sup>rd</sup> (one way street going South) <http://peacebazaar.prcsd.org/Home.html>

### Handmade Holiday at the San Diego Central Library:

December 13, 2014 9:30-4:00

<http://sdfocl.org/handmadeholiday/handmade-holiday-2014-vendors>

**Really Really Free Market:** Everything is free!

December 14, 2014 11-2:00

<http://sdrfrm.blogspot.com/>

## BOOKS YOU MIGHT ENJOY

### Eco-Friendly Crafting with Kids

<http://www.amazon.com/Eco-Friendly-Crafting-With-Kids-Lilley/dp/1849752044>

### Green Crafts for Children: 35 Step-by-Step Projects Using Natural, Recycled, and Found Materials

[http://www.amazon.com/Green-Crafts-Children-Step-Step/dp/1906094667/ref=pd\\_sim\\_b\\_7?ie=UTF8&refRID=15XZTQMP71M45KKM42KF](http://www.amazon.com/Green-Crafts-Children-Step-Step/dp/1906094667/ref=pd_sim_b_7?ie=UTF8&refRID=15XZTQMP71M45KKM42KF)

### Recycled Crafts Box

[http://www.amazon.com/Recycled-Crafts-Box-Laura-Martin/dp/1580175228/ref=pd\\_bxgy\\_b\\_text\\_y](http://www.amazon.com/Recycled-Crafts-Box-Laura-Martin/dp/1580175228/ref=pd_bxgy_b_text_y)

### Junk Genius: Stylish Ways to Reinvent Everyday Objects

[http://www.amazon.com/Junk-Genius-Stylish-Reinvent-Everyday/dp/1908170832/ref=sr\\_1\\_8?s=books&ie=UTF8&qid=1415223844&sr=1-8&keywords=books+on+recycling+materials](http://www.amazon.com/Junk-Genius-Stylish-Reinvent-Everyday/dp/1908170832/ref=sr_1_8?s=books&ie=UTF8&qid=1415223844&sr=1-8&keywords=books+on+recycling+materials)

### Junk Beautiful: Room by Room Makeovers with Junkmarket Style

[http://www.amazon.com/Junk-Beautiful-Makeovers-Junkmarket-Style/dp/1561589810/ref=pd\\_sim\\_b\\_5?ie=UTF8&refRID=1NR AZ1HKQ3SFXMTEZ3K7](http://www.amazon.com/Junk-Beautiful-Makeovers-Junkmarket-Style/dp/1561589810/ref=pd_sim_b_5?ie=UTF8&refRID=1NR AZ1HKQ3SFXMTEZ3K7)

### Restore. Recycle. Repurpose. : Create a Beautiful Home

[http://www.amazon.com/Restore-Recycle-Repurpose-Beautiful-Country/dp/1588167690/ref=pd\\_sim\\_b\\_5?ie=UTF8&refRID=](http://www.amazon.com/Restore-Recycle-Repurpose-Beautiful-Country/dp/1588167690/ref=pd_sim_b_5?ie=UTF8&refRID=)



## **RESTAURANTS**

Here are some local restaurants, while some are vegetarian or vegan, others are housed in LEED certified building and some support local farms and use organic ingredients.

**Claire's on Cedros** (Solano Beach) Serves breakfast and lunch and many vegetarian options. Open for dinner on Friday and Saturday nights. The restaurant is a member of the Green Restaurant Association and the building is a LEED platinum certified. <http://clairesoncedros.com/>

**Jimbo's Deli and Juice Bar** (Five locations in San Diego County) a variety of organic menu options including vegetarian and vegan choices and tasty juices. <http://jimbos.com/>

**Lotus Café and Juice Bar** (Encinitas) the menu includes a variety of choices including vegetarian and vegan options. <http://www.lotuscafeandjuicebar.com/>

**People's Organic Food Deli** located in Ocean Beach, the deli serves delicious organic vegetarian and vegan items. The menu changes daily. <http://obpeoplesfood.coop/>

**Roots** located on the UC San Diego campus – is a tasty vegan restaurant. <http://hdh.ucsd.edu/diningmenus/default.aspx?i=32>

**Sipz Vegetarian Fusion Café** two locations in San Diego, one in Hillcrest. Delicious food, try the sushi and the yummy vegan desserts. <http://sipz.com/>

**Tender Greens** four locations in San Diego one at University Town Center (UTC) a variety of options including soups, salads and sandwiches, some organic ingredients. <http://www.tendergreens.com/locations/321/la-jolla--utc/>

**True Food Kitchen** located in Fashion Valley mall. The restaurant serves local and regional ingredients. Delicious juices too. <http://www.truefoodkitchen.com/locations/san-diego/>

**Waters Fine Food Café** three locations in San Diego County including one downtown. The food is simply delicious. A variety of menu options including vegetarian choices. [http://waterscatering.com/?page\\_id=57](http://waterscatering.com/?page_id=57)



**Happy Conscious Shopping!**

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