

SUSTAINABILITY SATURDAY'S

2020 Holiday Gift Guide



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This gift guide is a compilation of eco-friendly gifts we've given or received in recent years. Our general gift-giving philosophy is:

- Thrifted or pre-loved is usually best
- Vote with your dollar by supporting sustainably-minded companies
- Keep it local when you can
- Give Covid-safe experiences instead of things
- Quality time is the best gift of all

Wishing you all love, laughter, and health this holiday season and always!

With Love,
Nicole & Mike





THESE ARE A FEW OF OUR FAVORITE THINGS



Soft and Cozy Sheets by SOL Organics

[\\$99 - \\$169](#)

- GOTS certified
- Fair trade certified
- No harmful substances
- Part of proceeds go to charity of your choice

Amazing Bidet Attachment by Tushy

[\\$79](#)

- Reduces toilet paper usage (saves trees & water)
- Leaves your bum much cleaner than toilet paper!
- Part of proceeds helps build toilets in India

All Metal Razor by Leaf Shave

[\\$84 - \\$113](#)

- Plastic free shaving!
- Swivel head for ease of use
- Climate neutral certified (they offset their emissions)

Sun Protecting Shirts from Patagonia

[Mike's Favorite](#)

- Allows us to wear less sunscreen
- Light weight and easy to wash
- Environmentally and socially responsible company

[\\$59](#)

[Nicole's Favorite](#)

[\\$55](#)

Metal Compost Bin by Natural Home

[\\$35](#)

- Looks nice on the kitchen counter
- Convenient way to collect food scraps
- Carbon filter for catching odors

Water Sparkler by Soda Stream

[\\$83](#)

- Great way to replace packaged sparkling beverages – say bye-bye to soda and big plastic bottles
 - Canisters are refillable through exchange programs at convenient locations like Target and Bed Bath & Beyond
-



STOCKING STUFFERS



Refillable Whiteboard Markers by AusPen

[6-pack \\$15](#)

- Metal markers that can be refilled
- 6 fun colors to choose from
- Great for teachers, kids, and creative adults

Cookies by Soul Much

[6 cookies \\$24](#)

- Soul Much more than cookies!
- Small, woman-owned start-up in San Diego
- They salvage excess grains and juice pulp to make delicious, high protein cookies in sustainable packaging

Sustainable Phone Case by Pela Case

[Nicole's phone case was \\$45](#)

- Made from compostable bio-based plastics
- Phone cases, AirPods cases, Apple watch bands, etc.
- Climate neutral certified (they offset their emissions)

Handkerchiefs made by small Etsy Shops

[5 plaid hankies](#)

- Saves trees
- Soft on your cute little nose
- Supports a small business
- Etsy carbon offsets all emissions from shipping!

[4 organic cotton \\$13](#)

Reusable Q Tip by LastSwab

[\\$12](#)

- Replace those single-use cotton swabs!
- Easy to clean between uses

Sunscreen in a Metal Tin by Raw Elements

[\\$18](#)

- Nox-toxic
- Plastic free

Wool Dryer Balls

- Eliminates the need for toxic dryer sheets
- Reusable for years and years!
- Put essential oils on them for a light scent

Find them at
Trader Joe's or
your local zero
waste shop

Bamboo Cutlery Kit by To Go Ware

[\\$10](#)

- Made from bamboo, a renewable resource
- Lightweight and easy to keep in your purse or backpack
- Say goodbye to plastic, single-use cutlery!

Collapsible Silicone Travel Mug by Stoj

[\\$15](#)

- Collapses to be quite compact and easy to carry
- Keep it with you to prevent single-use coffee cups!

101 Ways to Go Zero Waste by Kathryn Kellogg

[\\$15](#)

- Fun book with tons of ways to reduce waste!
-



CLOTHING & SHOES



Pact

[Moderate
Prices](#)

- Organic fabrics
- Fair trade certified
- Clothing, undies, socks, etc.
- Women, men, kids, baby, and maternity
- Bed and bath too!

ThredUp

[Prices Vary](#)

- Online consignment store
- Sort by brand, condition, sizes, etc.
- Clothing, shoes, handbags
- Women, kids, maternity
- I love their Goody Box offering where they pick out items for you – keep what you like and return the rest!

Organic Basics

[High Prices](#)

- Organic fabrics
- Undies, socks, basic tees and tanks
- Women and men

Thinx

[High Prices](#)

- Cute and comfortable period underwear
- Offers an organic cotton collection of panties
- Great for periods and urinary incontinence – great gift for women at all stages, including postpartum
- Donates to charities that support period education

Bambody

[Moderate
Prices](#)

- Affordable and super comfortable period underwear
- Made from bamboo, cotton, and spandex
- Leak proof layer (gusset) is a polylaminated bamboo
- Designed in Australia, made in China
- Information about their farming, factories, and worker treatment easily found on their website

*also available
on Amazon

Allbirds

[High Prices](#)

- Sustainable shoes for women and men
- Made from natural materials (wool, wood, sugar)
- Certified B Corp

Rothy's

[High Prices](#)

- Sustainable materials: recycled plastic, marine plastic, merino wool, natural rubber, and vegan leather
 - Women's shoes and handbags
 - Machine washable – one of my favorite features! When my flats get smelly, I just pop them in the washer!
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House & Home



Olive Wood Utensils from Sonora Refillery [\\$17](#)

- Gorgeous wood cooking utensils: serving spoons, spatulas, slotted spoons, etc.
- Made from olive trees that no longer bear fruit
- Not coated in mineral oil! This is super important – mineral oil sounds nice but is really a crude oil byproduct. Ew!

Wooden Cutting Board by Urthware [\\$45+](#)

- Natural wood cutting boards
- No glue, not toxic coatings
- Ethical forestry practices
- Handmade in Canada
- Note: very slow manufacturing & shipping times

Stainless Steel Mixing Bowls [\\$25](#)

- Food-grade stainless steel
- Silicone bottom for non-slip

Smart Thermostat by Nest [\\$130](#)

- Reduce your home energy usage and be comfy!
- Did you know that home electricity usage is 20% of energy-related greenhouse gas emissions in the US?

Stainless Steel Cookware by All-Clad [\\$100+](#)

- Non-toxic materials
- Elegant and classy design
- A bit of a learning curve – helps to “season” them occasionally to prevent sticking

Glass Food Storage Containers by Anchor Hawking [Prices Vary](#)

- Non-toxic materials
- BPA-free
- Glass doesn't stain or absorb smells like plastic does

Glass Spray Bottles for Cleaning Supplies [Prices Vary](#)

- Lovely, simple design – clear, amber, or blue
- High-quality, long lasting
- Perfect for making your own cleaning supplies!

Zero-Waste Home by Bea Johnson [\\$17](#)

- Book on how to have a low-waste home
 - Great for the aspiring zero-waster who is also intrigued by minimalism
 - Lots of tips for families with children
-



Kiddos



CLOTHING

Worn Wear by Patagonia

[Prices Vary](#)

- Worn and repaired kids Patagonia clothing
- Great prices for high quality clothes!

Organic Cotton Clothing by Pact

[Baby \\$8+](#)

[Kids \\$15+](#)

- Adorable clothes for babies and kids
- Organic cotton, high quality, soft

Pre-Worn Clothing from Junebug

[Prices Vary](#)

- Kids consignment shop in Solana Beach, CA
- Baby gear, clothes, books, and decor

TOYS

Toys for Kiddos Ages 0 – 5 years by Plan Toys

[Prices Vary](#)

- Beautiful toys made from natural, non-toxic materials
- Sort by age range or type of play
- No brands or gender stereotypes here!

100% Recycled Plastic Toys by Green Toys

[\\$15+](#)

- Encourages imaginary play – no battery powered toys
- Made in the USA

Natural, Waldorf-Inspired Toys by Bella Luna Toys

[Prices Vary](#)

- All-natural materials – non-toxic and eco-friendly
- Dolls, wooden toys, animal figurines, dress-up clothes

ZERO WASTE KIDDOS

Biodegradable Band-Aids by Patch

[\\$8](#)

- Hypoallergenic bandages
- Biodegradable, so your Band-Aid won't outlive you!

Kid Sized Bamboo Cutlery Kit by To Go Ware

[\\$9](#)

- Sustainable cutlery for your little one
- Light weight and easy to carry in a lunch box or backpack

Stainless Steel Bottle by Pura

[Prices Vary](#)

- Grows with your kid from infancy into childhood
 - Stainless steel bottle that has interchangeable lids
-



Themed Gift Kits



Hygge Kit

- [Soy Candle \\$18](#)
- [Microwavable Organic Neck Wrap \\$26](#)
- [The Little Book of Hygge \\$18](#)
- [Comfort & Joy Tea by Republic of Tea \\$13](#)
- [Spotify Premium Membership \\$120](#)

On-the-Go Travel Kit

- [Klean Kanteen Insulated Water Bottle \\$27](#)
- [Stojo Collapsible Silicone Travel Mug \\$15](#)
- [Stasher Bag \\$10](#)
- [Bamboo Cutlery \\$10](#)
- [Beeswax Wraps \\$17](#)
- [Lightweight, foldable reusable shopping bag \\$9](#)

Beauty Kit

- [Reusable Organic Cotton Makeup Rounds \\$24](#)
- [Shampoo & Conditioner Bars by Ethique \\$16](#)
- [Daylight face lotion by Crunchi \\$48](#)
- Bonus items: find a local refillery to purchase items such as rose water, clays for cleansing masks, witch hazel to clarify, jade rollers, etc. We recommend the Nada Shop in Encinitas and the Sonora Refillery in Oceanside.

Pearly Whites Kit

- [Toothpaste Tabs \\$9](#)
- [Compostable Floss 3 pack for \\$14](#)
- [Bamboo Toothbrush \\$5](#)
- [Bamboo Toothbrush Case \\$8](#)
- [Want it all-in-one? Try the Daily Habits kit from Bites! \\$60](#)

Shaving Kit

- [Leaf Shave Razor \\$84](#)
 - [Package-Free Soap \\$6](#)
 - [Ethique Tip-to-Toe Bar \\$16](#)
 - [DIY After Shave:](#) witch hazel + vegetable glycerin or aloe vera + essential oils
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Sustainable Gift Wrapping



Now that you've chosen sustainable gifts, it's time to wrap them!

Step 1: Use what you have

- Try to use up all of the wrapping paper, gift bags, and ribbons that you already have instead of buying more. Gift bags are great for reusing!

Step 2: Start to incorporate some zero waste ideas

- Toppings: Top your presents with natural elements like clippings of pine trees, dried oranges, or cinnamon sticks
- Ribbons/bows: Wrap with natural twine instead of ribbon
- Wrapping Paper: Use brown packing paper you've saved throughout the year – if it's wrinkled you can lightly iron it to smooth it out
- Paper Alternatives: Use fabric instead of paper. Here's a Marie Kondo [video](#) of the Japanese style of fabric wrapping called Furokashi. You can use a scarf, a swaddle, a tea towel, etc. and then the wrapping is part of the gift!

Step 3: Save the wrapping to reuse it next year!

Pics below show zero waste wrapping approaches that we used last year. Incredible opportunity to get creative!





DONATIONS



NATIONAL

Natural Resources Defense Council (NRDC)

[Tax-deductible donation](#)

- Mission: Safeguard the earth
 - Focuses on policies that secure the rights of all people to clean air, water, and healthy communities
 - Four stars from Charity Navigator
-

Environmental Defense Fund (EDF)

[Tax-deductible donation](#)

- Mission: Preserve the natural systems on which all life depends
 - Four stars from Charity Navigator
-

LOCAL

San Diego Zoo Global (SDZG)

[Tax-deductible donation](#)

- Runs two world-class zoos, a research institution, and a wildlife conservancy
 - Committed to saving species worldwide
 - Located in San Diego, CA
-

San Diego Surfrider Foundation

[Tax-deductible donation](#)

- Dedicated to protecting the ocean
 - Focus on local action to keep beach and ocean clean
 - Works to reduce plastic pollution
 - Located in San Diego, CA
-

Solana Center for Environmental Innovation

[Tax-deductible donation](#)

- Community composting education and resources
 - E-waste recycling
 - Water conservation efforts
 - Located in Encinitas, CA
-

I Love a Clean San Diego

[Tax-deductible donation](#)

- Community education
 - Community clean-ups
 - Located in San Diego, CA
-

Animal Shelter of Your Choice

- Keeping animals off the streets keeps communities safe and clean – and who doesn't love animals??
 - Here are two of our favorites:
 - [Rancho Coastal Humane Society, Encinitas CA](#)
 - [ACCT Philly, Philadelphia, PA](#)
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