

# Eco-Friendly Valentine's Day Gifts



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If Valentine's Day is an essential day for you or the one you love; then you can also show a bit of love for the environment by carefully considering what you buy. Here are a few distinctive gift ideas that make a positive ecological impact:

### Give Organic Flowers

Conventionally grown flowers are often dangerous to the environment and the workers involved with growing them. An alternative to giving cut flowers is seeking out locally grown live houseplants. There are plenty of flowering varieties available, and they are beautiful, year-round gifts, which add vibrancy to homes and offices. One of the advantages to purchasing plants grown close to where you live is that you are not contributing to the resource use and greenhouse gas emissions of air shipping, which is common with imported flowers. You can also opt for an herb garden, vegetable seedlings, or fruit trees if your Valentine enjoys the natural beauty of flowers & plants.

### Give Natural Perfumes and Fragrances

Many perfume fragrances are synthetic and often made from toxic petrochemicals derived from crude oil. There are more earth friendly alternatives and it is easy to make your own natural perfume that you can package in glass or metal containers.



### Give Greener Cards

- Choose a locally made card, rather than one that has been mass-produced and traveled a long way to reach you.
- Choose a card with little or no glitter as these are easier to recycle and won't litter the earth with microplastics.
- Make your own card from reused materials.
- Go traditional and write your own love note on recycled paper.
- Send an e-card (save the trees!).

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### Give Organic Wine and Spa Set

Picture this: Your loved one walks into the bathroom — and it has been transformed into a spa. A lavender-scented hot bath has been drawn. Wine and chocolates are waiting in a tray by the tub. Moreover, you are waiting to give a massage with natural oils. Sound good? This case has all the organic goodies you will need — just add some home made candles and the moment is perfection.

### Fair Trade Chocolate is Sweeter

Most everybody loves chocolate. It tastes excellent; it makes you feel good; and it is hard to imagine Valentine's Day without its sweetness. However, all is not well in the chocolate industry. Like coffee, chocolate is produced in some of the most economically disadvantaged regions of the world. Cocoa bean farmers find themselves under tremendous price pressure from buying cartels. The result is institutionalized poverty and an alarming reliance on abusive child labor. It all filters down to the candy aisle at your favorite grocery store. The solution for responsible consumers is Fair Trade cocoa and chocolate. Fair Trade certification guarantees that cocoa farmers receive a guaranteed "floor price" for non-organic cocoa, and a premium for produce meeting organic standards. This is often well above the market price, and the upcharge is passed to consumers. In return, the cocoa producers warrant a variety of progressive labor and environmental practices. It works out better for everyone.

### Use Your Imagination

Romance is about spontaneity, inventiveness, and the personal touch. This guide provides just five specific suggestions for greening your Valentine, but there must be dozens more. If you're celebrating Valentine's day with gifts, try getting creative with options that are suited to your partner and better for the environment.

