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Greener Day 22

SWAPPING OUT WITH FAIR TRADE

All products that I use versus their fair trade alternatives are linked!

1. In the morning after I wake up, I typically make myself a cup of tea and get started on some work, typically English. Right now, we have Tetley Assam black tea, but a fair trade alternative would be Arbor Teas Organic Assam TGFOP Black Tea. It's loose leaf tea, so I could compost the tea leaves after, and the bag itself is compostable too!

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2. After doing some work, I eat some breakfast. I'll sometimes have granola with milk or yogurt and fruit, and so instead what we have now, which is Quaker Oats Granola, I could get Grandy Oats Coffee Crunch Coconola granola (what a mouthful of words— and the actual product too sounds like a mouthful of deliciousness too :) Although this one is more expensive, it is fair trade so if I can spend a couple extreme dollars on something fair trade, I should!

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3. Then I brush my teeth, right now with Crest toothpaste. It was actually somewhat difficult to find a fair trade toothpaste, but Ecco Verde's Coconut Toothpaste made the cut. It just goes to show that there *are* fair trade products out there— you just have to dig a bit!

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4. There are fair trade options for clothing too!

I currently am wearing Abercrombie & Fitch skinny jeans, but another fair trade option is Madewell jeans, like these skinny flare jeans! These ones are almost $130, but with discounts too, the price is comparable to many other brands that aren't fair trade.

5. Sometimes I go out to run errands, and of course I have to take a backpack with me. Right now, my backpack is from High Sierra, but it's not in great condition because I have used it for several years now. When I do end up replacing it, I could get a fair-trade backpack from Terra Thread! Not only do they come in snazzy colors though, they are actually less expensive than the current one I have, and it's a carbon neutral product.

6. Mustn't forget shoes when I walk out the door! I've been wearing white Converse sneakers for a while now, but AKS's white feather low cut sneakers come in a similar style and are fair trade, not to mention having a unique embroidery design on the side.

7. When it's time for dinner, you have to serve food on plates. Right now, a lot of our dishware comes from Sur La Table, like their porcelain plates for instance. Serrv International sells beautiful tri color fair trade plates though, and they partner with artisans in Northern Vietnam to make beautiful stoneware. It's microwave and dishwasher safe too!

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8. Sometimes I get hungry before bed, so I'll snag a small piece of chocolate. Naughty, I know :) The chocolate in our house is often from Germany because that's where my dad is from, such as Rittersport hazelnut chocolate (Rittersport has sustainability certifications!), or Feodora chocolate. Some other fair trade options are such as Endangered Species Chocolate, like their Gorilla, Oat Milk and Rice Crisp dark chocolate bar. The really cool thing about this brand is that they give back parts of their profits to preserve biodiversity.

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9. Right before bed, I put on my pajamas. Typically, I put on a random t-shirt, and some Calvin Klein pants (these aren't the exact pair, but something similar). An alternative could be from Made Trade, such as their fair trade certified jogger pants as loungewear or sleepwear.

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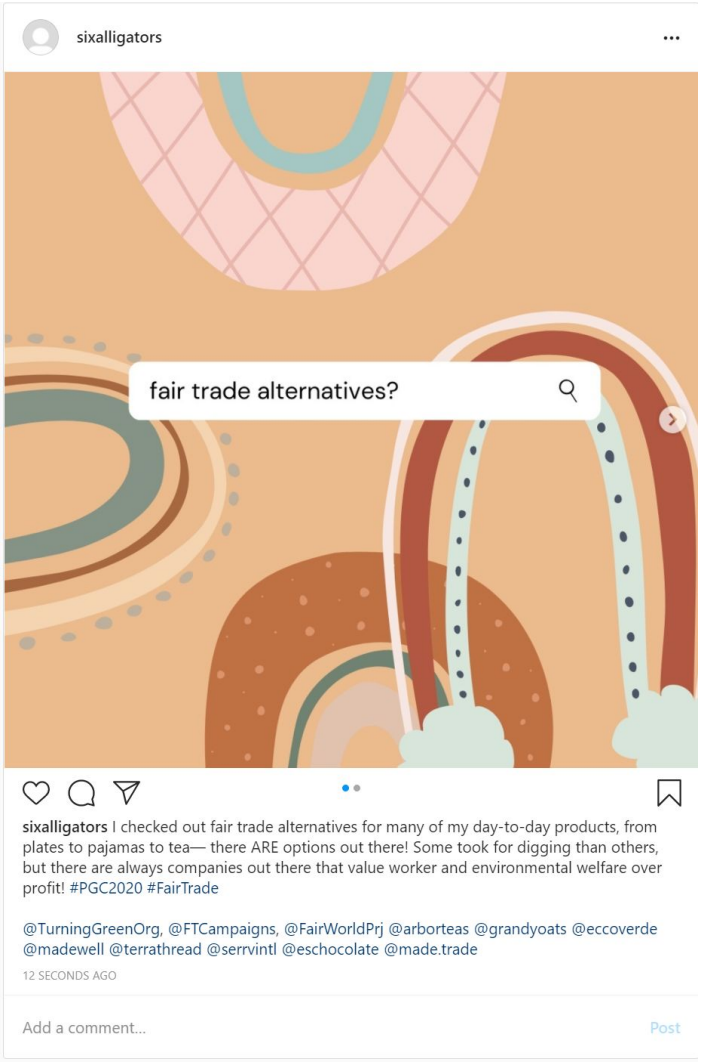
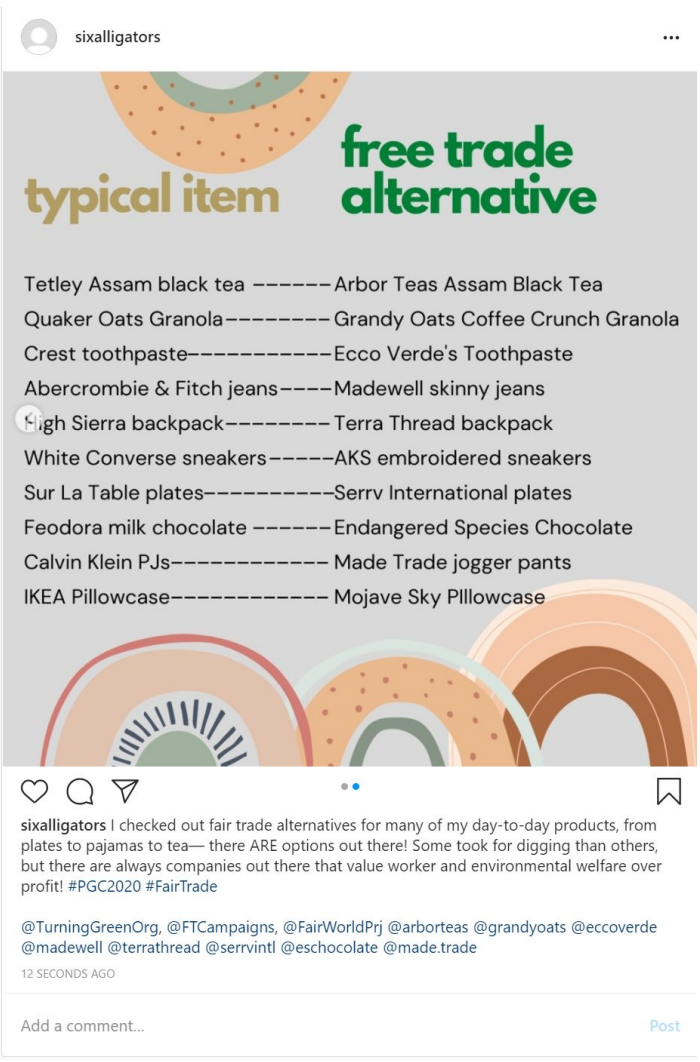
10. And lastly, of course most people sleep on pillows. Soft and comfy and sometimes the cause of a bad hair day, pillows are awesome. I think my current pillowcase is from IKEA, but a really cool alternative is from California Cotton: their Mojave Sky Pillowcase set is made from fair trade cotton. It'd be supporting a small local business too, which is amazzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzz.........and then i fall asleep, with the knowledge that there are so many fair trade alternatives out there, with everything from tea to ceramics has a fair trade option. Let's choose to support people's livelihoods in our own lives, with the choices that we make every day!

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