**ECO-ACTION FOR THE WEEK**

February 5, 2021 – Actions for Our Own Dear Planet



**When buying for Valentine’s Day — and always — choose these items with love:**

* Choose cards printed on recycled or sustainable paper—or cards you recycle.
* Choose fair trade and organic chocolates. (Avoid M&M’s, KitKat, Ferrero Rocher, Mars Bar, Cadbury, Lindt, and Godiva chocolate because they have a disturbing link to child slavery in the West African cocoa industry.)
* Choose fair trade and organic coffee.
* Choose plant-based or beeswax candles. Paraffin is petroleum based and could add carcinogenic soot to your home as well as lead emissions from the wick.
* Choose used clothing. The digital resale market is quickly becoming the next big thing in the fashion industry! Buying secondhand clothing mitigates the clothing industry's detrimental impact on the planet, ranging from poorly treated garment workers to pollution and waste generated by clothing production.