food

trade up

Your food choices have an impact on the planet and especially on farmers around the world. Buying products that include fair trade ingredients is one way to ensure that producers receive a fair price.

1. Rainbow quinoa from Alter Eco blends black, red, and pearl quinoa grains. $6.59 for 14 oz; altereco-usa.com
2. Green Mountain Coffee roasts fair trade Sumatran Reserve. $9.49 for 10 oz; greenmountaincoffee.com
3. Fair trade tea comes in many flavors, such as Rishi’s loose-leaf green tea. $9.99 for 1.7 oz; rishi-tea.com
4. Frontier Co-op spices and flavorings include turmeric, vanilla extract, and cinnamon. Prices vary; frontiercoop.com
5. Feed your sweet tooth ethically with light brown sugar from Wholesome Sweeteners. $4.79 for 24 oz; wholesomesweeteners.com
6. Savor fair trade chocolates such as Dagoba ($3.45 for 2 oz; dagobachocolate.com), Alter Eco ($3.99 for 3.5 oz; altereco-usa.com), and Green and Black’s ($3.49 for 3.5 oz; greenandblacks.com)

Serve one another: Fair trade serving bowls from Vietnam and handmade olive wood tableware from Kenya will beautify your table. Serrv.org and connectedgoods.com.

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beauty

1. Gently cleanse your face with Alaffia shea butter facial cleansing milk. $16.95; alaffia.com

2. Dr. Bronner's shave gel moisturizes with coconut and olive oils. $7.99; drbronner.com

3. Wash up with Chivas goat milk soap with shea butter from a West African women's cooperative. $11; chivasskincare.com

4. Soothe chapped lips with Badger cocoa butter lip balms, in fruity lime and pomegranate scents. $5; badgerbalm.com

5. Mark smoothing body lotion hydrates with cocoa butter, honey, and hibiscus. $12; meetmark.com

6. Planet Botanicals face balm contains moisturizing shea butter and essential oils from Uganda. $24; planetbotanicals.com

7. Treat your toes to minty foot cream with nourishing cocoa butter from Lush. $21.95; lushusa.com

Nourish your skin with cacao, coconut, and shea oils from fair trade sources.

SWEET SMELLING. If you're buying fresh-cut flowers, choose fair trade to ensure that workers earn a decent wage under safe working conditions. Look for fair blooms at oneworldflowers.org or 1800flowers.com.