

GREEN GIFTS

Looking for a simple holiday gift that's easy on the environment or supports local or fair-trade businesses? We'll be presenting ideas periodically this week and next.

Recycled warmth

Snuggle up in some warm and cozy ... polyester? More than 90 per cent of this zip-up long-sleeved pullover for women from Mountain Equipment Co-op is made from recycled materials. The other nine per cent is spandex to make it fit well; the yarn used is heavy-metal free. It's part of MEC's commitment to sustainability – sourcing materials that are recycled, organically grown or free from polyvinyl chloride. They also make the pullovers for men.



MOUNTAIN EQUIPMENT CO-OP

For a good fit, spandex is added to the recycled fibres.

\$39 at Mountain Equipment Co-op, Marché Central, 8989 de l'Acadie Blvd., 514-788-5878 or www.mec.ca.



CREDOBAGS

Cotton mesh produce bags can be used instead of plastic.

It's all in the cotton mesh bag

Know someone who carries their groceries home in reusable bags, but still puts produce in plastic at the grocery store? This mesh, made-in-Canada bag is the answer for green shoppers, with its draw-string top and see-through de-

sign that allows cashiers to see what's inside.

Available at Coop La Maison Verte, 5785 Sherbrooke St. W., 514-489-8000, or go to www.credobags.com.

MONIQUE BEAUDIN