

## 2016 Top Ten Green Gift List

The M.e.t. has been the go-to source for holiday gift ideas for 21 years! The premise is environmentally responsible gifts to warm the heart of both the giver and receiver.

Have a green Christmas and a happy holiday season!

### #1: Up With Trees Planting



For many, the gift of a healthier, more beautiful community is far more gratifying than any material item. With a donation of \$25, Up With Trees will plant a tree in honor of your gift recipient and send them a holiday certificate recognizing the gift. This gift provides our community with cleaner air and water, and will live on for generations to come! You can purchase this gift at [www.upwithtrees.org](http://www.upwithtrees.org) or call them at 918-610-TREE.

### #2: Lush Cosmetics



Lush Cosmetics is a company that produces body, facial and hair care products for men and women using only vegetarian or vegan ingredients. In addition, packaging for all of their products is either eliminated completely or made using recycled, recyclable or compostable materials. They also allow customers to return emptied tubs to the store in exchange for a free gift! You can find their Tulsa store at Woodland Hills Mall.

### #3: Made in Oklahoma Gift Basket



There are several places you can find gift baskets filled only with products made right here in the Sooner State! Buying locally-made products is an environmentally friendly option due to lowered emissions from transportation, plus it's always great to support the local economy. You can find some of these baskets at Lokal and Main, a Made in Oklahoma gift shop located in Jenks. In addition, two websites where you can find Made in Oklahoma gift baskets include: [www.tulsagiftbaskets.net](http://www.tulsagiftbaskets.net) and [www.madeinoklahoma.net](http://www.madeinoklahoma.net).



#### #4: Safety Razor Kit

How about gifting a daily, delightfully smooth shave while reducing waste at the same time? The EPA estimates that **2 billion razors** are thrown away each year. That's outrageous, considering you can't recycle disposable razors in the U.S. You can recycle the steel blades (check with your local recycling center first), but your standard disposable razor is going to the landfill. A great alternative is a stainless steel safety razor kit which not only gives a much better and safer shave than its disposable alternative, but it can also last for years, saving your gift recipient money in the long run!



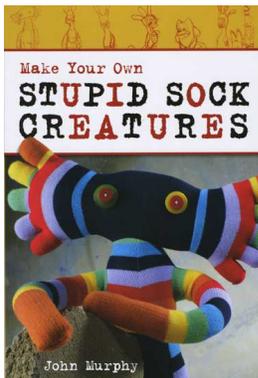
#### #5: E-book

Know a book lover? Why not give the gift of a good read? An e-book is a long-lasting and meaningful gift that saves paper too! If your gift recipient already has a smartphone, tablet or e-reader then the gift is easy. You can simply go to the e-reader's website, find a book and click "Buy as gift". Apple products have an app called iBooks where you can find the book you want through iTunes and simply "share" the book with your gift recipient.



#### #6: Reusable Water Bottle

Plastic bottled water is 3,000 times the price of tap water and in many areas tap water has proven to be just as safe, or even more so, than bottled water. A reusable water bottle is a great, stylish gift and works to help eliminate the millions of plastic water bottles that end up in US landfills each year. Try a brand that makes durable and long-lasting stainless steel bottles such as S'well or Klean Kanteen. Both of these brands can be found at Target.



#### #7: DIY Recycled Sock Creatures Book

It isn't a secret that socks are a common gift during the holidays. How about all those socks that have lost their match? This kit is a great gift for crafty kids (and adults too) who have too many socks to count! It gives easy instructions on how to create funky stuffed creatures from socks, gloves and hats and even includes a few colorful socks to start out with. This helps eliminate the need to buy expensive toys, often made with plastics and other materials that are harmful to the environment. With this kit, you can make a creative gift or let the receiver express their own creative side! This kit and more editions of it can be found at Barnes and Noble.



### #8: The Gift of Experience

Rather than buying a material item, why not give the gift of a fun local experience? An experience lasts a lifetime and doesn't require any wall space to hang it! Examples could include wine tasting at Girouard Vines in Downtown Tulsa, tickets to a concert at Cain's Ballroom or a tour of Tulsa that even many locals haven't experienced such as the Underground Tunnel Tour downtown or the Tulsa Art Deco Tour! Both of these tours can be booked at [www.toursoftulsa.com](http://www.toursoftulsa.com). Additional fun things to do in Tulsa can be found at <https://funthingstodo.io/tulsa-ok-fun-things-to-do/>



### #9: House plant

A house plant is a great gift for anyone looking to bring a little life into their home. Not only can house plants lift spirits all around, they even purify the air! A great, very low-maintenance house plant is the snake plant which can thrive with little watering and lower light conditions. It also helps lower carbon dioxide levels and even rids the air of formeldehyde and benzene.

### #10: Stocking Stuffers!

Keep It Local Card



Buying local is always a more environmentally friendly option. When products are located closer to their consumers, there is less transportation needed and thus less air pollution from vehicle emissions. Available on [keepitlocalok.com](http://keepitlocalok.com) are Keep It Local Cards for \$15. These cards reward holders with discounts and incentives at locally-owned business across the state of Oklahoma. The cards make a great stocking stuffer for anyone and work to help strengthen our local community and economy!

## Conserve Socket by Belkin



Even when our electronic devices and appliances are turned off, they are likely still using power if plugged in. A study by the Natural Resources Defense Council revealed that one quarter of all residential energy consumption is used on devices in idle power mode. Not only is this a waste of energy it will also drive up those electric bills! This Conserve Socket by Belkin can be set to 30 minutes, 3 hours, or 6 hours. Once the time is up it shuts off automatically, eliminating “ghost power” usage. This is great for kitchen appliances, space heaters, electronic chargers and other electronic items that don’t need to be using power continuously. The Conserve Socket can be bought online at [www.walmart.com](http://www.walmart.com) and then picked up at the location of your choosing. Still not convinced?

This ghost energy calculator can help estimate the amount of money you’re spending annually on electronics that are plugged in but not in use: <https://www.cpsenergy.com/en/my-home/savenow/calculators-for-customers/ghost-energy-calculator.html>