

# A SUSTAINABLE SEASON: MANITOBA GIFTS FOR GLOBAL HARMONY





# MCIC’s mission is **A Just World.**

Sometimes it can be easy to forget that we are all a part of one **global community** and that our choices impact those both near and far.

We have handpicked a beautiful selection of gifts from several Manitoba businesses who prioritize the planet and are working towards a green and fair future. But this is just the beginning! We hope that these items inspire you and encourage you to seek out local, sustainable gifts that both the planet and your loved ones will cherish.



*Take a tour of our fair trade, eco-friendly home for inspiration and holiday cheer!*

## Table of Contents

Fair Trade (Living Room) _____	<b>PAGE 3</b>
Zero Waste (Bathroom/Living Room) _____	<b>PAGE 4</b>
Experiential (Backyard) _____	<b>PAGE 5</b>
Full List of Gifts _____	<b>PAGE 6</b>
Contact Us _____	<b>PAGE 7</b>



For even more gift options, check out our **MCIC Member Gift Guide**, which features unique gifts that support innovative projects. Our members work with communities throughout the Global South to promote human rights, gender equality, environmental sustainability, and more.



# FAIR TRADE

TIP - Better windows make for better insulation and less money spent on energy bills.

TIP - LED lighting is better for the planet and lasts longer.

TIP - Look out for the Fair Trade symbol, which means fair prices and compensation for producers!

TIP - House plants help improve indoor air quality!

\$25.99

## THE FAIR TRADE HANDBOOK FERNWOOD PUBLISHING

The Fair Trade Handbook is an essential guide on the path that leads to a more sustainable and inclusive world.

*Sustainability  
is a lifestyle.*

\$15.90/lb

## COLOMBIAN ROAST - FAIRTRADE ORGANIC FORBIDDEN FLAVOURS ROASTERY AND CAFE

Balanced with chocolate and nutty undertones, this Colombia treat is the perfect way to start every day!

\$13.99

## FRISKY ZEBRA SEDUCTIVE SHIRAZ MANITOBA LIQUOR MART

This fair trade shiraz is perfectly balanced with black cherries, plums, and currants without tasting too sweet.

\$20.00

## FAIR TRADE SOCCER BALL CITY OF SELKIRK

Produced by VOLO athletics, these soccer balls are fun for you while providing secure and sustainable livelihoods for crafters in Pakistan.

\$19.95

## CONSCIOUS STEP: SOCKS THAT PLANT TREES CMHR GIFT SHOP

Conscious Step has partnered with Trees for the Future and will plant 20 trees in Kenya for every pair of socks sold!

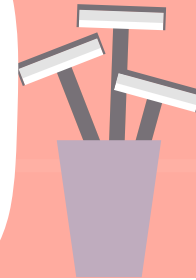


# ZERO WASTE

\$7.60-\$11.00

## ESSENTIAL OIL REFILLS PLANET PANTRY

Six incredible, high-quality, and pure options! All essential oils are vegan, kosher, steam distilled or cold pressed. You can purchase a 10ml vial or bring ones you already have to fill up on these beautiful oils.

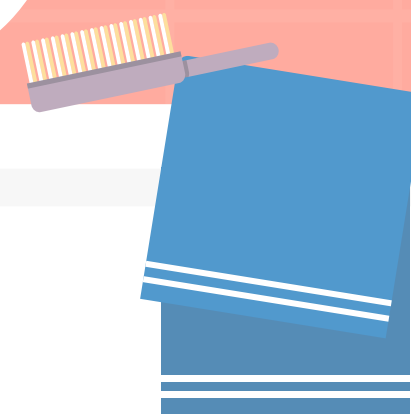


TIP - Shorter showers use less water than baths.

\$20.00

## 2-IN-1 SHAMPOO + CONDITIONER BARS REFILL MARKET

Mulberry Skincare offers 2-in-1 shampoo bars which come in various beautiful scents. These bars are vegan, cruelty-free, pH balanced, sulphate and paraben free, and are suitable for all hair types.



\$26.00

## BAMBOO CHARCOAL FACIAL ROUNDS - STARTER KIT THE COMMUNITY GENERAL STORE

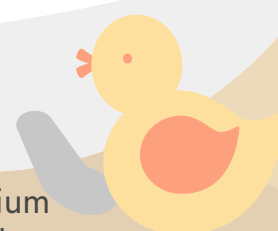
These facial rounds are certified P.E.T.A., vegan, cruelty-free, and reusable! They are made of biodegradable bamboo and can be washed hundreds of times. Each Starter Kit includes: 14 Bamboo Charcoal Facial Rounds, 1 Storage Bamboo Box with Magnetic Lid, and 1 Mini Laundry Bag



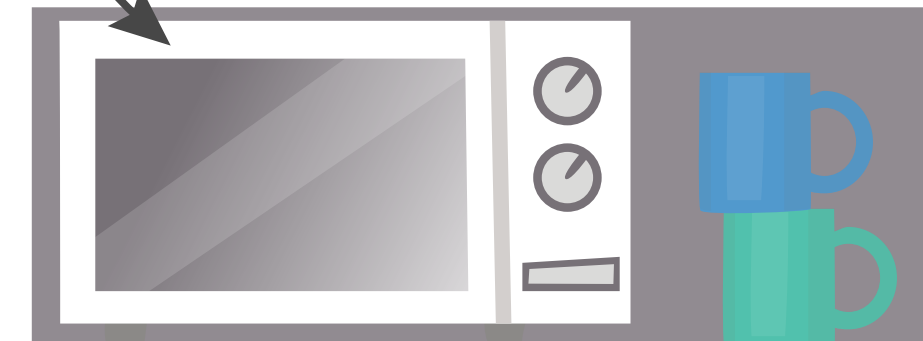
\$8.00-\$30.00

## BEESWAX CANDLES MILIEU MARKET

Produced by Crescent Acres in Manitoba, these Premium Beeswax candles are 100% pure with a cotton braided wick and are hand poured locally, in Grande Pointe.



TIP - Small appliances use less energy than large ones



\$18.00-\$33.00

## UNPAPER TOWELS PRACTICAL HOMESTEAD

Sets of 6 towels that are handmade in Winnipeg using 100% cotton flannel. Eliminate the need for single-use towels; wipe up spills, wash and repeat! Available in two sizes to suit your needs.



\$59.99

## ECO-FRIENDLY KITCHEN STARTER PACK THE HALO EFFECT

A collection of eco-friendly essentials to help reduce plastic waste and live more eco-conscious! Each Starter Pack includes: a 3-Piece Reusable Beeswax Food Wrap, a 7-Piece Silver metal straw set, a 1x6-Piece Reusable Bamboo Cutlery Set, and a 3-Piece Reusable mesh bag.



Let's all be Plastic Free!



# EXPERIENTIAL



\$9.99/MONTH

## ICE CREAM SUBSCRIPTION CHAEBAN ICE CREAM

Get two pints of locally made, super premium, ice cream delivered right to your door each month. With every effort to source locally grown, all-natural ingredients, Chaeban has partnered with a variety of Manitoban businesses and farms to create a selection of delicious and natural flavours including vegan and gluten-free options so everyone can have a scoop!



\$10.00-\$30.00

## NATURAL WILD SONGBIRD FEEDERS CHARLOTTE'S BIRDSEED

Each birdfeeder is handmade in Manitoba, using natural, top quality ingredients, including Canadian birdseed, dried fruit, and nuts. These feeders create a rich and nutritious birdseed blend for wild songbirds.



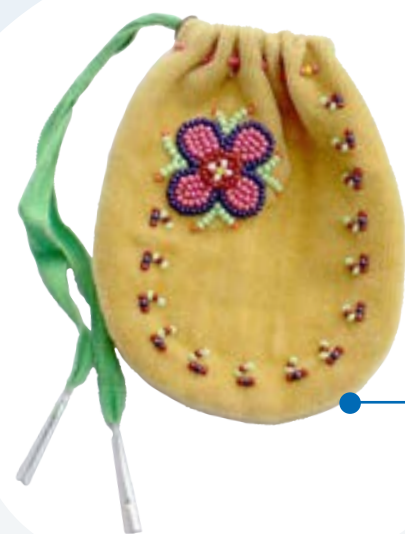
\$129.00

## DOG SLEDDING & CULTURAL TALK TOUR WAPUSK ADVENTURES

Join Dave Daley and his team for an educational talk about Dog Sledding, Métis Culture, and life in Churchill, Manitoba followed by an exhilarating dog sled ride through the boreal forest! This Indigenous owned and operated tour company offers other amazing Churchill based tours.

TIP - Paint or oil your fence to avoid weather damage and rot.

TIP - Research eco-friendly melt substances to scatter on icy paths!



\$95.00-\$120.00

## BEADING, QUILTING OR FINGERWEAVING WORKSHOPS BOREALIS BEADING

Borealis Beading offers a hands-on creative learning experience where participants learn the art and skill of 2-Needle Beading, Finger Weaving, or Quilting, along with the cultural and historical significance to the Métis people, "The Flower Beadwork People". Workshops are delivered in a style reflective of the traditional beading circle format where friends and family would meet to share stories while passing on the traditional art of beadwork.

ANY AMOUNT

## SCOOTER, BIKE, AND SNOWSHOE RENTALS KENDRICK'S OUTDOOR ADVENTURES

Take a ride on an E-Scooter. Cruise even farther on an E-Bike. Hit the trails or the pavement on a Fat Bike. Get Moving. Get Fresh Air. Get Outside. No matter what season!





# LOCAL GIFTS WITH A GLOBAL IMPACT

## FAIR TRADE

Frisky Zebra Seductive Shiraz, MANITOBA LIQUOR MART (\$13.99) - [PROVINCE-WIDE](#)

Colombian Roast - Organic Fair Trade, FORBIDDEN FLAVOURS ROASTERY AND CAFE(\$15.90/LB) - [BRANDON](#)

Conscious Step: Socks That Plant Trees, CMHR (\$19.95) - [WINNIPEG](#)

Fair Trade Soccer Ball, CITY OF SELKIRK (\$20.00) - [SELKIRK](#)

The Fair Trade Handbook, FERNWOOD PUBLISHING (\$25.99) - [PROVINCE-WIDE](#)

## ZERO WASTE

Essential Oil Refills, PLANET PANTRY (\$7.60-\$11.00) - [WINNIPEG](#)

Beeswax Candles, MILIEU MARKET (\$8.00-\$30.00) - [STEINBACH](#)

Unpaper Towels, PRACTICAL HOMESTEAD (\$18.00-\$33.00) - [WINNIPEG](#)

2-in-1 Shampoo and Conditioner Bars, REFILL MARKET (\$20.00) - [WINNIPEG](#)

Bamboo Charcoal Facial Rounds - Starter Kit, THE COMMUNITY GENERAL STORE (\$26.00) - [NIVERVILLE](#)

Eco-Friendly Kitchen - Starter Pack, THE HALO EFFECT (\$59.00) - [WINNIPEG](#)

## EXPERIENTIAL

Ice Cream Subscription, CHAEBAN ICE CREAM (\$9.99/MONTH) - [WINNIPEG](#)

Birdfeeder, CHARLOTTE'S BIRDSEED (\$10.00-\$30.00) - [WINNIPEG](#)

Beading, Quilting or Fingerweaving Workshops, BOREALIS BEADING (\$95.00-\$120.00) - [STE. GENEVIEVE](#)

Dog Sledding & Cultural Talk Tour, WAPUSK ADVENTURES (\$129.00) - [CHURCHILL](#)

Scooter, Bike, and Snowshoe Rentals, KENDRICK'S OUTDOOR ADVENTURES (ANY AMOUNT) - [WINNIPEG, BIRD'S HILL PARK](#)



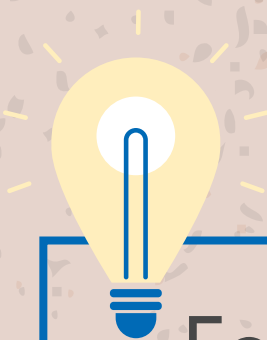
TIP - A well-insulated house saves energy and lots of \$\$\$.

**THINK LOCAL. THINK FAIR TRADE. THINK SUSTAINABLE. THINK MCIC.**



For more information on MCIC, our members, or the Sustainable Development Goals, please visit us at [www.mcic.ca](http://www.mcic.ca)

If you purchase any of these gifts, let us know!  
Tag us **@MCIC\_CA** on Instagram, Facebook and Twitter  
and follow us for sustainability tips, resources, and events.



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*Manitoba Council for International Cooperation*