

Top 10 Ways to Shop for Impact

1. Organic Food:

Purchasing organic food is healthy and good for the environment. I love **Whole Foods** but choose any healthy grocery store near you or visit your local farmer's market.

2. Healthy Cleaning Products:

Practically every store has healthy options for cleaning products, soap, dishwashing liquid, laundry detergent, and more. Two of my favorites companies are **Method** and **Seventh Generation**.

3. Skin Care & Make-Up:

I love shopping for beauty products from **Ann Marie Gianni** (<https://www.annmariegianni.com/>) and **Beauty Counter** (<https://www.beautycounter.com/>).

4. Coffee:

That morning cup of coffee is powerful! Not just in the caffeine it provides but in the impact it can have on coffee growers the world over. **Starbuck's** is a great option but so are many local coffee shops that pride themselves on knowing the origin of their beans, the farmers who provide them, and the certifications that prove they're good for you, the farmers, and the environment. Look for coffee certified as bird friendly, direct trade, fair trade, rainforest alliance, USDA organic, and/or UTZ certified.

5. Chocolate:

The craft chocolate industry continues to expand with producers supporting the bean-to-bar movement by controlling all aspects of the final product, from how the cacao is grown at the farm to how the label looks in the store. Check the label on the bar or the company's website for information about the region the cacao is from, the farmers, and the programs they support. Here are some tasty options you can feel good about from the book "*Buy The Change You Want To See*"... **Amano, Askinosie, Dandelion Chocolate, Endangered Species Chocolate, Guittard, Pacari, Raaka, Tabal, Theo, Together We Bake, and Valrhona**.

6. Glasses:

You can't go wrong with a pair of eyeglasses or shades from **Warby Parker** (<https://www.warbyparker.com/>).

7. Shoes:

Browse **Tom's Shoes** (<https://www.toms.com/>) and choose the cause you want to support with each purchase.

8. Clothing:

One of the most challenging items to purchase and know you're not causing harm to people or the environment. Visit the websites of your favorite brands and see if they are certified Benefit Corporations or learn about their sourcing practices and sustainability efforts. You can also download the app **Sweat & Toil** (<http://www.endslaverynow.org/act/action-library/download-the-sweat-toil-app>), a comprehensive resource developed by the U.S. Department of Labor that highlights commodities in specific countries that often rely on child labor. By checking the categories of products you use you learn where the greatest risks are. **Sourcemap** (<https://www.sourcemap.com/>) is a new technology that allows companies to visually display the journey of products and their components on a map of the world. Finally, check out **The Good Trade** (<https://www.thegoodtrade.com/>), a digital media and lifestyle brand covering sustainable fashion.

9. Gifts:

Supporting artisans through gift giving is one of the best things you can do to empower women around the globe and to support a cause about which you care deeply.

Here are my favorite marketplaces...

- **Gifts for Good** (<https://www.giftsforgood.com/>)
- **Global Goods Partners** (<https://globalgoodspartners.org/>)
- **Packed With Purpose** (<https://packedwithpurpose.gifts/>)
- **Social Enterprise Alliance** (<https://www.toastingood.com/>)
- **To The Market** (<https://tothemarket.com/>)

10. Corporate Gifts:

For corporate swag you can't do better than **To The Market** (<https://tothemarket.com/>). And be sure to purchase *Buy The Change You Want To See* by the founder of To The Market, Jane Mosbacher Morris.