



The
2023 Holiday
Gift Giving
Guide

Gifts Good for
People & Planet



Holiday Gift Giving Guide 2023

Gifts that are Good for People + Planet

Gift Giving is a wonderful part of life and gifting is often as much, or even more, fun than receiving. In this guide you will find a collection of gift ideas that is good for people and planet. By thinking about sustainability when we shop for, wrap and dispose of the things that come into our lives we can all tread more lightly on our planet while supporting well-being for all.

Have a Happy Holiday Season!



Annika



Disclosure: Some of the links in this Gift Guide are affiliate links.
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Tell Your Friends & Family About This Gift Guide... especially after making your wish list! ;)

Here's the direct link:

<https://www.trulyu.com/gift-guide/>

Click the links below to share on Social Media or via Email:



[Share on Facebook](#)



[Share on LinkedIn](#)



[Share via Email](#)

Tip!

To keep from "losing" the Gift Guide when you start clicking the links I have two tips for you:

1. **Right click** and select "**Open Link in New Tab**" when you hover over a link.

OR

2. **Download the Gift Guide** to your computer and then **open it in a pdf reader** such as Adobe Reader and click the links from there.

Happy Browsing! :)

Bird Protection

FEATHER FRIENDLY



Feather Friendly® window markers are an easy-to-use scientifically proven solution for preventing bird collisions with glass surfaces. Feather Friendly® window markers are highly effective in making the area visible to birds and preventing deadly collisions while remaining unobtrusive to humans.



Visual markers help birds identify glass from open space



Keep Birds
From Flying into
Windows

[CLICK HERE
for this Shop!](#)

APPROVED BY:





Cooking & Eating

Tools & ingredients for prepping, enjoying and storing home-cooked meals



Real Mushrooms®

Power of Mushrooms

Real Mushrooms

Real Mushrooms is the premier provider of organic mushroom extracts, verified for their beneficial medicinal compounds like beta-glucans and free from starchy fillers like grains. With over 40 years of mushroom-growing experience, Real Mushrooms prides itself on providing a transparent source of functional mushrooms that you can trust.



- ✓ 100% ORGANIC MUSHROOM EXTRACTS
- ✓ QUALITY GROWN
- ✓ NO ADDED STARCH, MYCELIUM OR GRAIN
- ✓ SCIENTIFICALLY VERIFIED BY INDEPENDENT LABS



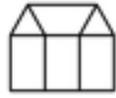
[CLICK HERE
for this Shop!](#)

25% off for
customers in the US.

Customers in Canada
can order on Amazon.



Boosters Greenhouse



For the Health Conscious on your list the Variety Pack of Boosters gives the option to try a selection of Organic Boosters!



- Glass Bottles
- ECO-friendly shipping

[CLICK HERE for this Shop!](#)

Eight years and a lot of innovation later, Greenhouse sells six categories of organic, plant-based beverages across North America. Greenhouse's products includes their Booster family and Plant Protein.



Countertop Garden

CLICK AND GROW™

CLICK AND GROW™

Grow your own food in your home year round! Click and Grow is a self-sustaining garden using soil pods inspired by NASA technology. Grow fresh and healthy greens, culinary herbs & more!

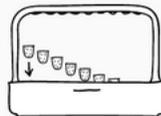


Self Sustaining Garden using NASA inspired Plant Pods.

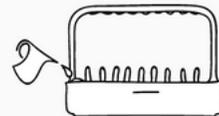
[CLICK HERE for this Shop!](#)



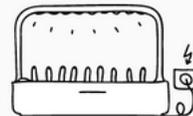
1. 📦 add pods



2. 💧 add water



3. 🔌 plug it in



🌱 enjoy



stasher



Use Stashers for food,
makeup & wet swimsuits.
Perfect for anything you
used to put in a plastic bag.

[CLICK HERE](#)
[for this Shop!](#)

Silicone Bags & Pouches STASHER

The endlessly reusable,
resealable silicone storage
bag that replaces single-use
plastic. Use in Dishwasher,
Freezer and Microwave.

5 Reasons To Use Reusable Silicone Bags:

1. Conserves Resources
2. No Plastic Leaching into Food
3. Protects Wildlife
4. Reduces Waste
5. Saves Money



dishwasher
safe



microwave
ready



freezer
friendly

Beeswax Wraps



Nature's own sealer is beeswax. When beeswax coats a cotton cloth you end up with an airtight wrap to be used in place of cling wrap and zip lock bags.



These Beeswax Wraps from etee are the best ones I've found so far! They are very sticky and lasts a very long time. When washing use biodegradable dish soap and avoid hot water, hang to dry then fold up and store before using again!



How to: Use etee wraps and bags:

1. Place food in your wrap or bag
2. Roll downward and warm with hands
3. Squeeze out the excess air and press the wrap or bag to create a tight seal.

Practical, Reusable,
Biodegradable &
Plastic Free!

[CLICK HERE
for this Shop!](#)



Keep Produce
Fresh
2-4x Longer!

[CLICK HERE
for this Shop!](#)



Produce Saver FRESHPAPER

FreshPaper is infused with a proprietary blend of powerful organic botanicals that naturally slow down spoilage, over-ripening, and wilting.

Now Also FreshPaper for Food, Cheese & Bread!



Made with
Organic Spices



Salad & Bowls on the Go

THE TICKLE TRUNK | ONYX

These stainless steel containers are completely air tight making them perfect for salads and bowls on the go.

These containers from Onyx come in many different sizes.

I love that the lid has a silicone seal keeping dressed salads and healthy bowls from leaking!

The Tickle Trunk

Non-Plastic Storage Containers

"An Onyx Company"



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[for this Shop!](#)



THE MACA TEAM®
SELECT PERUVIAN MACA

Maca

THE MACA TEAM

Maca is a nutritional powerhouse that is rich in amino acids, vitamins and minerals. It is also an adaptogen, which means that it supports overall health and strength. Research has revealed that maca works to boost the overall physical functioning of the body as well as to lift mood.

[CLICK HERE](#)
for this Shop!



Find out
which Maca is best
for you, or the
person you are
gifting!





Living

Gifts for living that are good
for people and connect us to
Mother Earth

Bird Protection

FEATHER FRIENDLY



Feather Friendly® window markers are an easy-to-use scientifically proven solution for preventing bird collisions with glass surfaces. Feather Friendly® window markers are highly effective in making the area visible to birds and preventing deadly collisions while remaining unobtrusive to humans.



Visual markers help birds identify glass from open space



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for this Shop!](#)

APPROVED BY:



Comfort & Style Miik

Miik founder Donna, was willing to wear a skirt she didn't even like just because it felt so good, so how much would she wear a style she absolutely loved in the same buttery soft fabric?

Perfect blend of style, comfort and sustainability led to Miik: a luxe line of women's fashion that proves we can have it all.



Miik founder
Donna Smith

Miik hosts fun and entertaining live streams when new collections are launched!

[CLICK HERE
for this Shop!](#)



Comfortable

From leggings to tailored blazers, Miik is made from buttery soft, eco-luxe fabrics with 4-way stretch. This is fashion for real life.



Sustainable

We reduce our footprint through eco-friendly fabrics, ethical manufacturing, lasting quality and a less is more mindset.



Woman-owned

We are proud to be a small, woman-owned and run business. Every style is truly designed by women, for women.



Canadian

Miik is proudly made in Canada. We custom mill and dye our fabrics and cut and sew each garment locally in Toronto.



The most
accurate smart ring.

Health tracking wrapped around your finger — track your sleep, activity, recovery in style.

OURA

Smart Ring OURA

The Oura Ring is the best looking and most accurate health tracker out there!

Track your Readiness, detailed Sleep Stats, Activity and much more!

Get discount in your first Oura ring or for someone lucky on your list.
(limited offer - first come...)

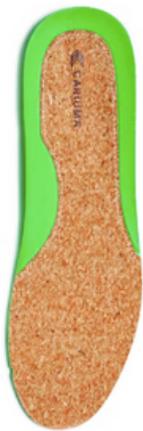
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Get a Pair of Sneakers, Plant 2 Trees

Sneakers that plant Trees

CARIUMA



Cariuma makes good looking sneakers that tread lightly on the planets. They empower conscious consumers to buy quality over quantity and imbue every stage of their sneaker-making process with an eco-conscious spirit, from designing to curating materials responsibly, to shipping and giving back to the environment.

Natural Rubber

Raw rubber is gathered from the *Hevea brasiliensis* tree via ethical "tapping" (removing a milky sap from its bark).

Vegan Insole

Our signature memory foam insole is made from cork, bio memory foam & organic mamona oil.

Organic Cotton

GOTS-certified cotton —grown without pesticides or harmful chemicals —makes a durable canvas upper.

Recycled Plastics

OCA's lining, laces, threads and labels: brought to you by recycled plastic bottles.

[CLICK HERE for this Shop!](#)



GOODEE

Good Design for Impact

GOODEE

[CLICK HERE
for this Shop!](#)

Goodee is a community of socially-conscious design enthusiasts who put "caring" for people, and the planet, at the center of everything they do.

The products they support reflect their unwavering pursuit of a happier and more sustainable future for all. And while there is power in good design, they believe there is infinitely more in design for good.



Simplicity & Comfort

SOPHIEGRACE

SophieGrace makes clothes for the world they want to live in, and dress strong women who are getting us there

AWAY FROM
FAST FASHION

SophieGrace handcraft timeless garments with classic silhouettes and quality tailoring.

Shop less often. Keep your items longer. Stop the fashion waste cycle.



SophieGrace
founder
Emma May

[CLICK HERE](#)
[for this Shop!](#)



WOMEN'S CLOTHING FOR WORK & LIFE

Wear something comfortable as you push for uncomfortable change. Style yourself to say that you mean business.

SophieGrace designs are timeless and comfortable clothes that mix and match easily.

SOPHIEGRACE

Wood Diffusers & Essential Oils

VORDA

vörda®

[CLICK HERE
for this Shop!](#)

No need for water or electricity, Vörda's handcrafted wood diffusers allow the enjoyment of aromatherapy while conserving water and energy

Designed in Scandinavia.

Choose from a collection of Botanical Essences.



Compost in Hours LOMI

Lomi.

With Lomi, you simply press a button and the composting process begins. Compost is produced in as little as 4 hours.

Lomi diverts waste from landfills, creates nutrient-rich fertilizer and reduces the world's carbon footprint.

It's odor free, pest free & mess free. This is your solution to your every day food waste problem.



[CLICK HERE](#)
[for this Shop!](#)



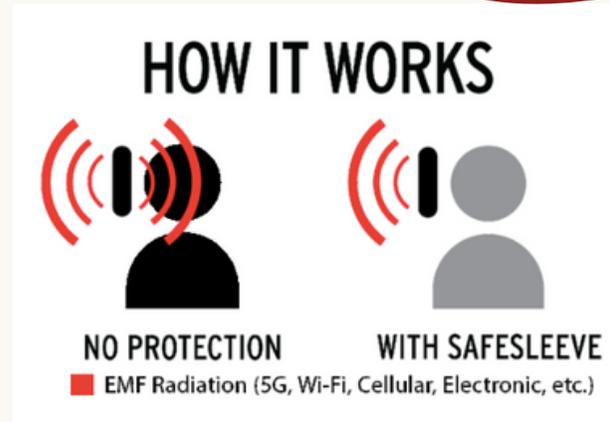
EMF Protective Phone Cases

SAVESLEEVES

Cell phones are part of our lives. You can protect yourself from EMF radiation with a case like the ones from SafeSleeves. These cases also include an RFID blocking wallet and turns into a stand, all in one lightweight and convenient case.



[CLICK HERE](#)
for this Shop!





Shirts for Good Causes BONFIRE

Bonfire is a platform where you can find gifts to support good causes that resonate with you or the recipient of the shirt.

Find shirts that support Conservation, Empowering Women, Racial Justice, Animal Shelters, Independent Artist and more!

[CLICK HERE
for this Shop!](#)

Everywhere Puffy Blankets

RUMPL

Rumpl

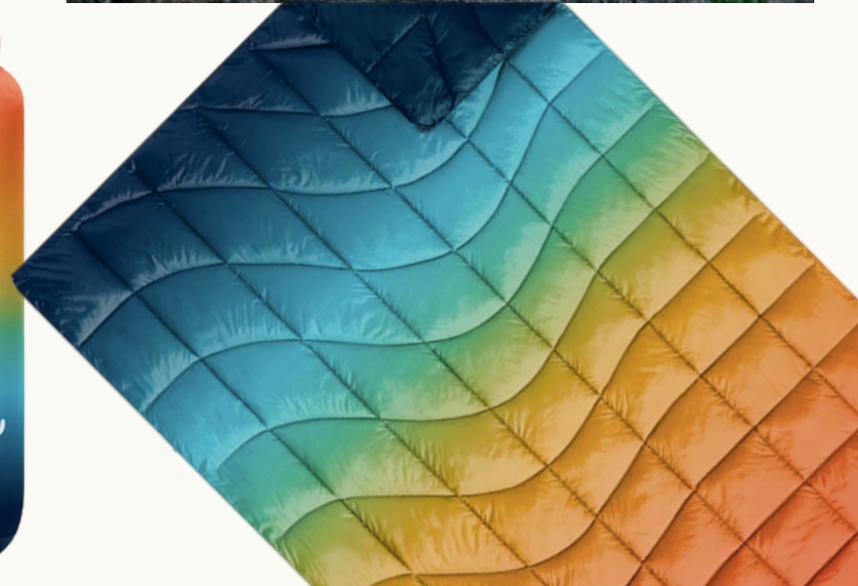
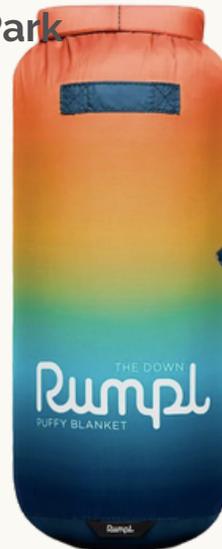
Rumpl turns millions of plastic bottles destined for landfills into puffy blankets. From the campground to the couch, Rumpl blankets are built for everywhere.

The designs and colours are fun and inspired by nature. Check out the gorgeous National Park Collection!



Rumple Puffy blankets are weatherproof, durable, and cozy made with the same technical materials used in premium outdoor gear and activewear.

[CLICK HERE
for this Shop!](#)



Sustainable Clothing that Plants Trees

TENTREE



Plant Trees and Shop Sustainable Clothing at the same time with TenTree. I have their parka made from recycled plastic from TenTree and love it!

TenTree makes Earth-First clothing using the most sustainable and comfortable materials in the world. Every time you purchase an item, they plant 10 trees. 89.265.588 Trees Planted to Date.

[CLICK HERE for this Shop!](#)



Give the gift of birds with online courses from Cornell Lab Bird Academy.



Birding Courses

CORNELL LAB BIRD ACADEMY

[CLICK HERE](#)
for this Shop!



Nature Journaling and Field Sketching



Bird Photography with Melissa Groo



Think Like a Bird: Understanding Bird Behavior



Ornithology: Comprehensive Bird Biology

Self Contained Raised Garden Beds

VEGEPOD

[CLICK HERE](#)
for this Shop!

VegePod is an awardwinning self contained raised garden bed made from recycled plastic with commercial grade cover to keep your crop protected from the sun and pests. Comes in many sizes so there is a garden for everyone and every space!



The VegeBag is perfect for growing on balconies and small spaces.



VegePod is an Australian company operating in many countries.

VITAL IMPACTS

Collect Art and Support Conservation

VITAL IMPACTS

[CLICK HERE](#)
[for this Shop!](#)

Vital Impacts is founded by the
award-winning photographer
Ami Vitale and the visual
journalist Eileen Mignoni.

This women-led non-profit
provides financial assistance and
amplifies the narrative of
community-oriented
organizations dedicated to
protecting and preserving
human and wildlife habitats.





Personal Care Products

Avoid harmful ingredients while treading lightly on the planet

Break the cycle. Overwashing =
oily hair.

SHHH
OWER
CAP.💧

Showercap SHHHOWERCAP

Shhhowercap has
reinvented the showercap.
It's better for our hair and
our planet when we wash
our hair less often.

Dries in seconds!
Made from fabric that
repels water.
So many fun patterns to
choose from!

[CLICK HERE
for this Shop!](#)





jack
59

I have tried a few different brands of shampoo & conditioner bars and my favourite comes from a Canadian company called Jack59. Just like with regular shampoo you may need to try a few brands before you find one that fits your hair type.

The shampoo bars from Jack59 are great, but their conditioner bar is amazing. Best conditioner I have ever used, bottle or no bottle! They have also recently come out with a cute little container in the shape of a compost bin made from recycled plastic to hold the bars in the shower, or to take on the road.

Shampoo & Conditioner Bars

JACK59

Shampoo in plastic bottles is so yesterday. Add your own water to shampoo & conditioner bars.

Take the Hair Quiz!
Simply answer a few questions, and receive a custom recommended combo for your hair type.

[CLICK HERE](#)
[for this Shop!](#)



PURPLE URCHIN



Soap

PURPLE URCHIN

Purple Urchin is a female owned and operated business. They want to help other women succeed, achieving their professional and personal goals. They empower female power.

[CLICK HERE
for this Shop!](#)

Artisanal Bar Soap
make amazing & useful
gifts everyone
will love!
Shower gel in plastic
bottles NO MORE!

Purple Urchin hand make cold process soap from scratch. The cold process method ensures that there is no damage to the scent or medicinal properties of the soap. This is really important to us, because we make our soap with a purpose. The triple oil base in our bar soap contains antioxidants, fatty acids and Vitamin E that moisturize, reduce inflammation and have antimicrobial properties. Your skin will feel soft, supple and refreshed after every wash!





Wood ToothBrushes with Replacement Brushes Getting away from plastics in our self-care consumables will make a difference when all do our part.



Hand Lotion Bar in Tin

eteer

Simply warm with clean hands and spread the love for your skin and our planet Etee is a company that has a growing collection of products that aim to get rid of plastic.!



[CLICK HERE](#)
[for this Shop!](#)

Wood Brushes

URBANSPA

urban
spa

Brushes & combs made from wood not only looks good but are biodegradable. Natural bristles are even better!

Wood brushes are beautiful and easy on the planet. These brushes are from UrbanSpa.



[CLICK HERE
for this Shop!](#)



Hair Brush, Comb,
Shower Brush & Foot
Brush all made from
WOOD!

Makeup Remover

MAKEUP ERASER

No more makeup wipes that take 100 years to break down and clog up the sewer systems. No more plastic bottles with makeup remover.

MakeUp Eraser is dedicated to creating the most sustainable makeup removal product in the world by using only the most accessible resource available: WATER. They believe we can eliminate the 3rd most wasteful product in the world: WIPES!



[CLICK HERE
for this Shop!](#)





Good Causes

**Gifts that support children
in developing countries
and pollinators.**

**Perfect for those on your
list who "have it all".**

Supporting Children in Developing Countries

PLAN INTERNATIONAL



Plan International Canada is a member of a global organization dedicated to advancing children's rights and equality for girls. Plan International has been building powerful partnerships for children for over 80 years and is now active in more than 75 countries.



Girl power



Pads for periods

GIFTS OF HOPE

Gifts of hope are not symbolic gifts – they are real gifts that change real lives. No matter the occasion, you can create lasting impact by giving a Gift of Hope. Each gift will bring tangible goods and vital services abroad to children and families that need them most.

[CLICK HERE for this Cause!](#)

Many of these GIFTS are MATCHED by a government, foundation or organizational partner, giving more children the GIFT OF HOPE!

- | | | | | | |
|---|---|---|---|---|---|
|  |  |  |  |  |  |
| Livestock | Education | Empower Girls | Health & Nutrition | Gifts Under \$20 | Gifts Under \$50 |



PENCILS OF
PROMISE



[CLICK HERE](#)
for this Cause!

Supporting Education in Developing Countries

PENCILS OF PROMISE

**Pencils of Promise Support Education
in Developing Countries. It's a global
community that believes everyone
deserves access to quality education.**

Learn More Here



PENCILS OF
PROMISE

Pollinator Conservation POLLINATOR PARTNERSHIP

**POLLINATOR
PARTNERSHIP**

Protect their lives. Preserve ours.



Give a gift that support pollinators! Pollinator Partnership is a registered non-profit organization that works to enhance pollinator habitat, encourages research and policy actions that help protect pollinators, and provides outreach and education materials throughout North America.

A gift will not only benefit pollinators, it will benefit us all. Bees and other pollinators are threatened but with your support, Pollinator Partnership will find ways to help them.



\$30 DONATED

150 sq. ft of restored pollinator habitat



\$50 DONATED

200 sq. ft of restored pollinator habitat



\$100 DONATED

400 sq. ft of restored pollinator habitat

[CLICK HERE](#)
[for this Cause!](#)

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Click the links below to share on Social Media or via Email:



[Share on Facebook](#)



[Share on LinkedIn](#)



[Share via Email](#)

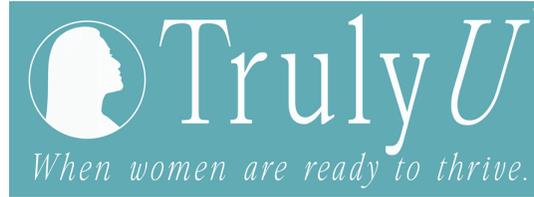


Annika Ek R.H.N. is a Nutritionist helping women who are (finally) ready to thrive and start doing self-care in a kind and sustainable way. She combines modern science and functional health principles with ancient wisdom teachings in her TrulyU Method.

Annika is the founder of TrulyU and supports women with courses, coaching and community so they can build health & resilience and have some of their most enjoyable and rewarding years and decades ahead.



Annika Ek R.H.N.
Nutritionist to Women Ready to Thrive
Founder of TrulyU
www.TrulyU.com



Get Instant Access To “What To Expect On Your Midlife Journey - Body, Mind & Life By Decade Checklist for Women 40-79”

Be Prepared & Proactive...

- For What's Ahead
- Build Health & Resilience So You Can...
- ...Enjoy Some of The Most Fun & Rewarding Years of Your Life!



Click the Button Below
To Download Your Free Checklist.

GET CHECKLIST!



Are you fed up with “start-stop” self-care and ready to thrive for real in a lasting way?

Then you’re invited to book a call with me so we can discuss “Your Next Step”. It’s free and no-strings.

Annika



Annika Ek R.H.N.
Nutritionist to Women Ready to Thrive

“I have learned from Annika that I can initiate small, simple changes that have a great impact on how I feel and my health. I keep getting golden nuggets!”
Eva Goulette, Founder of Dancing Jaguar Inspirations

LET'S TALK!