



# SUSTAINABLE GIFTING GUIDE

Last updated: March 2020



**CONCORDIA  
STUDENT  
UNION**



[csu.qc.ca](http://csu.qc.ca)    @csumtl



## PLANET OVER PROFIT

Whether it's getting a meaningful gift for that special someone on Valentine's Day, shopping for family during the holidays, or just trying to save money in general, there are ways we can be more conscious and deliberate about our spending and purchasing patterns. That's not to say it can't be difficult and confusing! We've created this document in hopes of making life a little easier for those attempting to shop consciously.

Of course, individual consumption patterns are not the main - or even a major - determinant of the climate crisis or environmental degradation. It has been shown that these phenomena are mostly industrial in nature, with the top 100 large companies responsible for nearly  $\frac{3}{4}$  of waste and emissions.<sup>1</sup> That being said, it can't hurt to do our small part to live and consume more sustainably, and to encourage others around us to do so as well!

It is impossible to shop simultaneously for every objective listed in this guide. No company is perfect, and at the end of the day, they are all concerned primarily with the profits they make. Fundamentally, there is no such thing as a completely "ethical" consumption in the context of a capitalist, profit-based economic system - but that doesn't mean we can't shop more consciously in one way or another, and it certainly can't hurt!

<sup>1</sup> [www.theguardian.com/sustainable-business/2017/jul/10/100-fossil-fuel-companies-investors-responsible-71-global-emissions-cdp-study-climate-change](http://www.theguardian.com/sustainable-business/2017/jul/10/100-fossil-fuel-companies-investors-responsible-71-global-emissions-cdp-study-climate-change)

## SHOPPING LOCAL

Are you interested in supporting your local economy and nearby small businesses, artists or merchants? Considering giving local products as gifts!

### **Marché Bonsecours**

↗ [marchebonsecours.qc.ca/en](http://marchebonsecours.qc.ca/en)

### **Montreal-area public and solidarity markets**

mainly food and related products

↗ [www.marchespublics-mtl.com/en](http://www.marchespublics-mtl.com/en)

### **Online directory of Montreal-area merchants**

↗ [madeinmontreal.org](http://madeinmontreal.org)

## SHOPPING TO SUPPORT CONCORDIA ARTISTS & MERCHANTS

There are various events throughout the year to showcase the talents of Concordia's artists and merchants.

### **Concordia Farmer's Market**

Recurrent events

↗ [facebook.com/theconcordiafarmersmarket](https://facebook.com/theconcordiafarmersmarket)

### **Concordia Greenhouse**

Recurrent plant and seed sales

↗ [concordiagreenhouse.com](http://concordiagreenhouse.com)

### **CCSA**

Annual pottery sale

↗ [facebook.com/groups/concordiaceramics](https://facebook.com/groups/concordiaceramics)

## SHOPPING TO SUPPORT CO-OPS

### **Concordia Coops**

All offer gift certificates

### **Coop Bookstore**

↗ [co-opbookstore.ca](http://co-opbookstore.ca)

### **Hive Coop Café**

↗ [hivecafe.ca](http://hivecafe.ca)

### **Reggies Bar**

↗ [reggies.ca](http://reggies.ca)

### **Montreal-area coops**

Buy a gift or gift certificate!

### **Café Coop Touski**

Café and restaurant

↗ [touski.org](http://touski.org)

### **Coop La Maison Verte**

Natural and health product store

↗ [cooplamaisonverte.com](http://cooplamaisonverte.com)

### **Coop Coco**

Soap and cosmetics shop

↗ [coopcoco.ca/en](http://coopcoco.ca/en)

### **Crew Collective Café**

Café and co-working space

↗ [crewcollectivecafe.com](http://crewcollectivecafe.com)

### **L'Euguélonne**

Feminist bookstore

↗ [librairieleuguelionne.com/en](http://librairieleuguelionne.com/en)

## SHOPPING TO SUPPORT BDS

### What is BDS?

Boycott, Divestment and Sanctions (BDS) is a worldwide, Palestinian-led movement that fights against Israel's ongoing, violent occupation of the Palestinian territories using (any or all of) three primary tactics:

#### Boycott

Not purchasing any products from Israeli companies, or from other companies that support the occupation or participate in human rights violations against Palestinians.

#### Divestment

Pressuring institutions, such as banks and universities, to withdraw their funds or investments from any and all of the aforementioned companies.

Sanctions: Pressuring governments around the world to hold Israel accountable for its war crimes and human rights violations by ending trade, military, and/or diplomacy agreements with the country.

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The ultimate goal of the campaign is to force Israel to comply with international laws and end the occupation. While it has not yet achieved this goal, BDS has had a major impact in concretely challenging support for Israel's colonialism since it was launched over a decade ago.

**Learn more** | [bdsmovement.net/what-is-bds](https://bdsmovement.net/what-is-bds)

### DID YOU KNOW?

Students at Concordia chose, via referendum, to mandate the CSU to endorse and actively support the BDS campaign. Participating in BDS campaigns and/or supporting the movement is one of few concrete (and not just symbolic) ways we can support the Palestinian struggle from abroad.

### List of companies to boycott

[bdsmovement.net/get-involved/what-to-boycott](https://bdsmovement.net/get-involved/what-to-boycott)

The following is a list of companies, stores, and brands to consider if you don't want to support businesses that test products on animals.

### Cruelty-free beauty brands available in Québec

#### Pépin Montréal

↗ [pepinmontreal.com](https://pepinmontreal.com)

#### Anastasia Beverly Hills

↗ [anastasiabeverlyhills.com](https://anastasiabeverlyhills.com)

#### Bite Beauty

↗ [bitebeauty.com](https://bitebeauty.com)

#### Glossier

↗ [glossier.com](https://glossier.com)

#### BKIND

↗ [bkindskinicare.com](https://bkindskinicare.com)

#### Lippy Girl Makeup

↗ [lippygirl.com](https://lippygirl.com)

#### Les Lares (perfume)

↗ [leslares.com](https://leslares.com)

#### Dermalogica

↗ [dermalogica.ca](https://dermalogica.ca)

#### Physicians Formula

↗ [physiciansformula.com](https://physiciansformula.com)

#### Yes To

↗ [yesto.com](https://yesto.com)

## SHOPPING WITH ANTI-CRUELTY IN MIND

## VEGAN CLOTHING CHOICES

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If you want to be sure the clothes on your back contain no animal skin or fur, here are some tips:

### Choose

Cotton, bamboo, polar fleece, nylon, synthetic materials, satin, rubber, faux suede, "pleather" or satin.

### Avoid

fur, leather, sheepskin, swede, down, wool, cashmere, mohair, silk, fleece, shearling, pashmina, angora.

## SHOPPING FOR KIDS ON A BUDGET

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### Tralala

Children's consignment shop

↗ [tralala.ca](http://tralala.ca)

### La Griffe des petits amis

Thrift shop

↗ [lagriffedespetitsamis.blog4ever.com/photos](http://lagriffedespetitsamis.blog4ever.com/photos)

### Friperie Peekaboo

Thrift shop

↗ [friperiepeekaboo.ca](http://friperiepeekaboo.ca)

### Friperie pour enfants

Thrift shop, specific to the 0-10 years age range

↗ [friperiepourenfants.com](http://friperiepourenfants.com)

## SHOPPING ON A TIGHT BUDGET

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### Montreal thrift and discount stores

#### Éva B

↗ [eva-b.ca/en](http://eva-b.ca/en)

#### Frip-Prix Renaissance

Multiple locations

↗ [renaissancequebec.ca/en](http://renaissancequebec.ca/en)

#### Winners

Discount department store, multiple locations

↗ [winners.ca/en](http://winners.ca/en)

#### Le Magasin du Chaînon

↗ [lechainon.org/fr/magasin](http://lechainon.org/fr/magasin)

#### Meubles du Grand Berger

Secondhand furniture and clothing

↗ [meublesgrandberger.com](http://meublesgrandberger.com)

#### Éco-Dépôt Montréal

↗ [ecodepotmontreal.com](http://ecodepotmontreal.com)

#### Era Vintage Wear

Dresses and formal wear

↗ [eravintagewear.com](http://eravintagewear.com)

#### Empire Exchange

↗ [empiremtl.com](http://empiremtl.com)

# DO-IT-YOURSELF GIFTS

**PRO** You spend less money in the long-term  
- sometimes by a lot.

**CON** It tends to be more time-consuming, so make sure you set aside enough time! Depending on what you're making, there can also be important security precautions to follow.



There is sometimes an initial investment to buy the materials for your gifts. Don't forget: if you're a beginner, Youtube, blogs and Internet forums are great resources to access information and tutorials!

## WANT TO SAVE MONEY ELSEWHERE AND SPEND MORE ON GIFTS OR TREAT YOURSELF A LITTLE?

There is a free daily lunch service on both campuses from Monday to Friday during the regular academic year (September-April, excluding holidays).

### SGW Campus

People's Potato soup kitchen, located on the 7th floor of the Hall Building  
👉 [peoplespotato.com](http://peoplespotato.com)

### Loyola Campus

Hive Free Lunch, located on the 2nd floor SC building  
👉 [csu.qc.ca/services/hive-loyola-free-lunch](http://csu.qc.ca/services/hive-loyola-free-lunch)

## PLACES TO GET OR BUY SUPPLIES

### Concordia University Centre for Creative Reuse (CUCCR)

Collects materials from the university's recycling waste and offers them to the community for free. Anyone can become a member!  
👉 [www.cuccr.ca](http://www.cuccr.ca)

### Coop Coco

Soap and cosmetics  
👉 [coopcoco.ca](http://coopcoco.ca)

They also offer various workshops  
👉 [coopcoco.ca/ateliers/inscriptions](http://coopcoco.ca/ateliers/inscriptions)

### Fabricville

Sewing supplies and fabric  
👉 [fabricville.com](http://fabricville.com)

### Craft De Ville

Craft supplies and craft making workshops  
👉 [craftdeville.com](http://craftdeville.com)

### Michaels

Craft supplies, multiple locations  
👉 [canada.michaels.com](http://canada.michaels.com)

### Cachette du bootlegger

Beer and wine making supplies, located in the West Island  
👉 [cachettedubootlegger.ca](http://cachettedubootlegger.ca)

### Choppe à Barrock

Beer and wine making supplies, no website  
4709 St Dominique St, Montreal, QC H2T 1T7

### Mycoboutique

Mushroom culture and kombucha making supplies  
👉 [mycoboutique.com](http://mycoboutique.com)

## DIY EVENTS & WORKSHOPS

### Concordia University Art Hives

Community artmaking spaces, with materials provided by CUCCR  
👉 <https://www.facebook.com/concordiauniversityarthives/>

### Dream It Yourself

👉 [dreamityourself-montreal.com/en/workshops](http://dreamityourself-montreal.com/en/workshops)

### CSU Anti-Consumerism Week

Occurs in March annually  
👉 [csu.qc.ca/acw2019](http://csu.qc.ca/acw2019)

## WORK SPACES

Spaces to make gifts of all kinds of crafts - many also offer DIY tutorials!

### Helios Makerspace

👉 [heliosmakerspace.ca](http://heliosmakerspace.ca)

### MKRLAB

👉 [mkrlab.ca](http://mkrlab.ca)

### Échofab

Also offers 3D printing!  
👉 [echofab.quebec/en](http://echofab.quebec/en)

### Fab Lab du PEC

Also offers 3D printing!  
👉 [fablabdupec.com](http://fablabdupec.com)

# WANT TO WORK TOWARD SYSTEMIC CHANGES TO THE CLIMATE CRISIS AND PROMOTE SUSTAINABILITY?

Here are just a few examples of concrete actions you can take:

**01**

**Join a group or campaign working for systemic change. Many groups in Montreal take a systemic (or mixed) approach to environmental, social justice, and/or economic sustainability. Some examples are:**

La planète s'invite à l'université (LPSU)  
Climate Justice Montreal (CJM)  
Sustainable Concordia  
Divest Concordia  
Solidarity for Palestinian Human Rights (SPHR) Concordia  
Independent Jewish Voices (IJV)  
Concordia  
BDS Québec  
Industrial Workers of the World (IWW)  
Coalition des luttes anticapitalistes (CLAC)

**02**

**Encourage, participate in, or help build a collectively-run community garden or local farmer's market.**

**03**

**Participate in a popular education project around environmental or economic sustainability.**

**04**

**Start a new sustainable project on campus! There is a source of funding at Concordia meant precisely for this:**  
↳ [www.safconcordia.ca](http://www.safconcordia.ca)

