

Civic Circle Discussion Series: *Purchase Power*

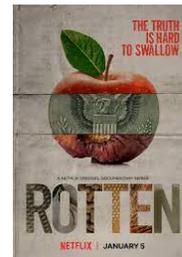
August 25th, 2021

The new **Civic Circle Discussion Group** met for the first time, and we had a wonderful discussion about **Purchase Power**. Awareness of the interconnectedness of everything we purchase and consume and all of the possible ramifications – ethical, ecological, economic, civic, global, etc. – is *overwhelming!*

Just to be *in-the-know* about our purchases is overwhelming, let alone taking action to make better choices. As a result, the best advice was to **find a balance, and start small**. What are some small things you can do, changes or choices you can make, without having to bust your budget or scrap your entire shopping lists?

Here are some resources and ideas our team has come up with to help us move forward:

Ideas for Education and Curbing Consumption:



Watch the groundbreaking 2015 documentary [The True Cost](#) to learn who pays the price for fast fashion.

Documentaries are a great resource for learning more about the issues that matter most to you.

Watch [Rotten](#), a Netflix docuseries travels deep into the heart of the food supply chain to reveal unsavory truths and expose hidden forces that shape what we eat.

Quick Tips!

- **Use a smaller trash can** – A smaller trashcan will fill up faster, and you'll have to change it more often. You may consume less if you're more consciously aware of how much waste you're creating. You can begin to find ways to reduce your waste footprint when you don't have anywhere to put it!
- **Buy second hand at thrift stores** – Shopping second-hand reduces waste, while also creating a ripple effect of impact in areas like climate health & sustainability and fair wages & labor conditions. It also stimulates your local economy and supports local businesses. Second-hand or thrift shops, like ARC and Goodwill, are often nonprofits also serving a cause.
- **Take stained or torn clothing back to H&M** – H&M will accept clothing from any brand in any condition to repurpose the fabric. And that's not all! In return, you will receive credit vouchers for future H&M purchases!

Alternatives to Amazon:



[Bookshop](#) is an online bookstore with a mission to financially support local, independent bookstores. Find a specific store and they'll receive 100% profit from your order, otherwise, your order will contribute to an earnings pool that will be evenly distributed among independent bookstores (even those that don't use Bookshop).



[Simple Switch](#) is an online store where every product has a quantifiable positive impact on our world and the people in it. Shop by Product, Vendor, or by Impact at [SimpleSwitch.org](#).

Shop Local:



World Gift Market – the weekend before Thanksgiving at First Plymouth Church, vendors who are social enterprises or non-profits addressing issues locally and abroad come together.

Hope Tank – disrupts the traditional retail model to show small business can have a BIG impact. Portions of each sale at **Hope Tank** in downtown Denver go to local nonprofits.

Forks Over Knives – was created with the idea that making the switch to plant-based foods could make a drastic impact. Find vegan recipes, meal plans, articles and more!

I Heart Denver – a space for local makers looking to earn a living doing what they love most. Find Colorado & Denver themed gifts at 16th Street Mall and the Pavilions.

Ideas for Sustainable Grocery Shopping and Food Consumption:



Imperfect Foods – Their mission is to eliminate food waste and build a better food system for everyone by selling imperfect or “ugly” fruits and vegetables that farms couldn’t sell to grocery stores.



Misfits Market – Similarly, Misfits Market works directly with farmers and makers to rescue organic produce and other grocery items that might otherwise go to waste, then deliver them to your door

Quick Tips!

- **Try Meatless Mondays** – **Meatless Monday** is a global movement that began in 2003 and encourages people to reduce meat in their diet for their health and the health of the planet. Eating less meat and more healthy plant-based foods can help reduce the incidence of chronic preventable diseases, preserve precious land and water resources, and combat climate change. Meatless Monday’s simple message is “skip meat once a week”.

Support Local Food:



Growhaus – their mission is to cultivate community-driven food justice through education and food access. They offer food distribution programming and educational opportunities related to growing and cooking food, as well as overall wellness.



Locavore – started in 2013 and delivers local food from family-owned Colorado ranches, including spices and honey, straight to your door.



Pasture Provisions – Locally delivers Colorado-raised, grass-fed beef, lamb, heritage breed pork and free-range chicken, eggs, and more!