

LiveNaturally

YOUR HEALTHY LIFE STARTS HERE

Delicious (AND DAIRY-FREE!)

DEMYSTIFYING
THE EGG AISLE
PG. 20

FAST AND EASY
LUNCHES...
WITH COOL
LUNCHBOXES,
TOO
PG. 36

NATURAL
SUPPLEMENTS
FOR ALLERGY
SEASON
PG. 52

DISCOVER THE
DELIGHTS OF
PLANT-BASED
COOKING

BLUEBERRY BLISS
CHEESECAKE BARS PG. 44



Green GOODS

Eco-friendly gear for outdoors, fitness and travel enthusiasts.

First celebrated in 1970, Earth Day each April is an annual reminder to be kind to our precious planet and live as sustainably as possible year-round. If you're active and outdoorsy, with a sense of adventure, we've gathered a gaggle of gear that's made from recycled, reused and sustainable materials to help you be more earth-friendly.



▲ A Jacket from 20 Plastic Bottles

The GoLite ReGreen Windshell is made from about 20 recycled green plastic bottles. The green bottles eliminate the need for dyeing the fabric, further reducing the ecological footprint by using less energy and water in the production process. \$100, golite.com



▲ Tires for Travel

When you travel—or even when you're camping—carry your bath accessories in Alchemy Goods' uber-water-resistant Elliott Dopp Travel Kit, made from reclaimed truck inner tubes...the zipper pull is made from a tire valve, too! \$40, alchemygoods.com

▲ Organic Yoga Mat

The environmentally friendly—and beautiful—Renew Corc Yoga Mat is made with sustainably harvested cork oak bark from a third-generation farm in Portugal. \$139, corcyoga.com



▲ Trail Runners from the Ocean

Sportswear and footwear company adidas offers a number of eco-shoes. The Terrex Two Parley trail runner upper is made from Parley for the Oceans' reclaimed and recycled ocean plastic waste. It's available in a zero-dye color, a water-saving technique that skips the dyeing process. \$140, adidasoutdoor.com

Learn more about Parley for the Oceans at parley.tv.



The case for these glasses is made from upcycled garments and recycled water bottles.



▲ Sustainable Sunglasses

Sunglasses expert Costa has created the Baffin style with 100 percent recycled fishing nets to reduce plastic pollution. Every part can be recycled, including the mineral-glass lenses, and nose and temple pads. \$199, costadelmar.com



▲ 22 Corks = 1 Pair of Footbeds

SOLE eco-friendly cork footbeds are made with 22 recycled wine corks per pair (based on a men's size 10). \$60, yoursole.com



Send your used wine-bottle corks to ReCORK (recork.org), a program launched by SOLE, to be used in footbeds, sandals and yoga blocks.



FRED MEYER'S EARTH DAY EVENT

EARTH DAY IS APRIL 22. Find savings on a plethora of earth-friendly items at your local Fred Meyer store and at fredmeyer.com.