

# SUSTAINABLE EATS

## LATEST TRENDS

Sustainable eating is always a goal for our family, but sometimes we tire of the same old routine. While we will buy our eco-forward favourites over and over again, we're always looking for the latest eats boasting new and healthy flavours, or improved tech to reduce waste. Avoiding toxic chemicals and harmful farming processes matters to us, which is how we found these latest trends. Shake things up this season with some new and innovative kitchen ideas.

### PURECANE

Purecane offers a variety of sugars and sweeteners that avoid petroleum-dependent manufacturing processes and skip the questionable bleaching process of many sugar products on the market today. We also appreciate the lack of harmful sugar spikes with this low-glycemic index and zero-carb product. Purecane is created through a natural fermentation process to produce diet-friendly *Sugarcane Reb M* (an extremely rare and pure molecule that tastes similar to sugar). Purecane's process requires only one-tenth of the agricultural acreage that's used to create other leading natural leaf products, with a fraction of the water.

[purecane.com](http://purecane.com)



### RIND

What happens to all the peels from your dehydrated fruit? RIND works to address food waste by leaving the peel on, which has helped save more than 340,000 pounds of food waste in 2021 alone and has a goal of saving 1 million pounds in 2022! Trying to address excessive food waste in the United States, RIND's "Peel Power" initiative hopes to address the 40 million tons of unnecessary food waste each and every year—and these fruit chips are pretty tasty too. Try them with your favourite fruit dip. [rindsnacks.com](http://rindsnacks.com)



### HARMLESS HARVEST

Harmless Harvest offers a more sustainable take on the coconut water craze. The group sources coconuts ethically through their Thai farm while practicing regenerative agriculture, which means they are working to ensure the climate impact from coconut agriculture is net positive. In addition, you'll skip the harmful chemicals and thermopasteurization while enjoying this organic alternative. The drink proudly owns its pink colour as a sign of natural antioxidants and exposure to light without harmful preservatives. [harmlessharvest.com](http://harmlessharvest.com)

### SUNDIAL FOODS

College students Siwen and Jessica share a passion for solving global environmental and health issues. The two students chose to tackle these issues during conversations in their biology lab at U.C. Berkeley, leading to co-founding their sustainability-focused company. Sundial Foods offers a chickenless crispy "chicken wing". Created with simple ingredients (mostly chickpeas), this gluten-free dorm night alternative is a hallmark of new plant-based innovative snack foods.

[sundialfoods.com](http://sundialfoods.com) (currently available in San Francisco only)



### COMVITA

Comvita wants you to enjoy all the medicinal benefits of New Zealand Manuka honey while supporting its vision for a healthy planet at the same time. The company's goal, according to CEO David Banfield, is "a world where bees and people thrive in harmony." The company states that they have removed over 41,000 tons of carbon through their Manuka Forest while planting more than 6 million trees since 2017, and have saved over 31 million bees since 2021. [comvita.com](http://comvita.com)

### SORBABES

Did someone say sorbet? Gluten-free and plant-based, we love that this brand offers both chocolate and non-chocolate popsicles. This women-owned brand focuses on natural indulgence without artificial sweeteners, and also supports the Fruit Tree Planting Foundation, helping create fresh food and better environments in underserved communities. [sorbabes.com](http://sorbabes.com)



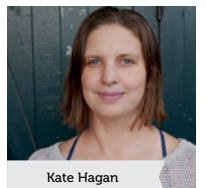
### COMPOSTIC

A huge part of sustainable eating is access to sustainable kitchen products. Compostic is tackling the problem of plastic cling wrap with its 100 percent compostable wrap and zero-waste resealable bags. Another New Zealand product, founder Jon Reed has expanded this eco-alternative to the U.S. and is providing a plastic-free means of preservation that is both vegan-friendly and BPA-free as well. [compostic.co](http://compostic.co)



These fun and fascinating products are just a beginning. Sustainable eating is currently a balance between safe food access and preservation, and sustainable harvest, processing, and shipping methods. Seek out modern brands that understand the need for transparency and are willing to share their eco-forward information online. At our house, we begin with brands that align with our more natural focus but continue to seek out products that are striving for improvements to support our sustainability goals.

Kate has a Master of Science in Information Management from the University of Washington, and a wide variety of client experience with companies including Bing Ads and Janes of Digital. As a child raised in an eco-conscious family, and now a mother to a little one of her own, her most recent roles help share her passion for healthy living with a larger audience. Find Kate at [ripleyk8.com](http://ripleyk8.com).



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