

# Sustainable Weddings... A Convenient Truth

The idea of hosting a sustainable wedding has become quite the hot topic over recent months due to an increase in the concern for the effect of global warming. The realization that a wedding, although significant and deserving, is adding to the problem because of the high consumption of goods and polluting it brings with it, couples are choosing to make their weddings more environmentally friendly by incorporating several eco-conscious elements into their wedding day. Incorporating sustainability into one's wedding makes sense considering the amount of time we spend on the road in our cars attending to wedding details pre and post event, the travel emissions expended through guest travel and honeymoon voyages, and finally, the endless hours spent on our computers researching wedding options and printing all the necessary documents needed in carrying out a successful wedding. There are many ways to do your part in making your wedding more sustainable, here are just a few:

#### Vendor Selection:

A great way to help make your wedding low-carbon is reducing the gas emissions released into the environment by choosing to work with vendors that operate close to your place of residence or at the very least close to the venue at which your wedding is to take place. You will likely need to visit your vendors and venues several times leading up to the wedding and opting to work with ones close to home will limit the amount of time spent in your car driving and thus cut the amount of gas emissions being radiated into the atmosphere.

Alternatively, host your ceremony and reception at the same venue to cut down on travel emissions on the wedding day.

#### Food & Drinks:

Hire caterers and work with venues who "operate green" by recycling and offering sustainable food options like using local and seasonal produce, chemical-free organic foods, offer fair trade, organic coffee and tea, and ones that incorporate food products like free-range chicken and sustainable seafood like wild salmon into their menu options. Grouse Mountain Resorts, Caplano Suspension Bridge, The Butler Did It Catering Co., West Restaurant, Cactus Club Café are just a few of the restaurants and venues making noticeable efforts to reduce their environmental "footprint" by initiating in-house Sustainability Programs. Green Table, a local group dedicated to promoting sustainable food related businesses, is a great resource -- visit [www.greentable.net](http://www.greentable.net) for a list of its members.

Furthermore, you can offer local wines and beers -- not difficult considering the wealth of world-acclaimed wineries and breweries situated throughout BC.

#### Stationary:

For items like invitations, programs, place cards, seating charts, menus, and thank you cards hire stationers that work with recycled papers where at all possible and who make use of the environmentally friendly vegetable or soy based inks. These days, there is an excellent variety of stationary products that fit the recycled/eco-friendly category and they aren't all the brown and natural coloured papers we have associated with recycled papers of the past. Contact local invitation design expert Crissy Giesbrecht of Par Avion Design ([www.paraviondesign.com](http://www.paraviondesign.com)) to create your perfect eco-friendly invitation. Another fabulous option that will take your stationary needs to the next level is to send save-the-dates, invitations, and thank you via e-mail "story cards" as created by local design entrepreneur Doris Blanchet of Nova

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