



## Conscious Wedding Checklist

### From Engagement to Honeymoon

#### Engagement

- Buy a recycled gold engagement ring (this can be made special by collecting old gold from family and friends)
- Ask for your mother's or grandmother's engagement ring – what better way to make the ring extra special?
- When buying a new ring ensure the diamonds were mined without conflict
- Cook a local, organic dinner to pop the question – this will be more romantic and shows more thought.
- Host a sustainable engagement party! Local Source Catering uses fresh, locally grown and produced ingredients to not only make your engagement party a memorable event, but also support the Nova Scotia economy.

#### 12 to 9 Months Before

- Start an electronic wedding folder to store wedding ideas found online – this will cut out all of the waste from print materials
- Choose an eco-friendly venue!
  - Get married outdoors where there is no waste from excess electricity, running water, or harsh chemical products.
  - Hold your ceremony and reception in the same place – this will cut back on fuel emissions.
  - Hold a daytime ceremony in a venue with lots of windows – this will reduce the need for lights.
  - Look for hotels that use energy-efficient appliances and biodegradable products.
  - Host the wedding in a place where most guests don't need to travel very far – this will do a huge part to reduce your carbon footprint!
- Have an intimate wedding! The larger the wedding party and invite list the more waste you will create.
- Book a caterer with a vision for supporting a sustainable and local way of life- like Local Source Catering!





- Buy flowers that are locally grown and in season – imported flowers are typically grown using toxic chemicals and pesticides.
- Shop for an eco-friendly wedding dress. If possible buy a second hand dress, or borrow a dress from a friend. If you want to buy new, buy a dress made from sustainable materials such as organic cotton, silk, or hemp.

### **6 Months Before**

- Order your invites from a company that uses recycled paper OR send out invites electronically!
- Choose what the wedding party will wear! If these can be rented or borrowed even better! If not, opt for using sustainable materials such as organic cotton, silk or hemp.

### **3 Months Before**

- Book your hair and make-up at an environmentally conscious and local hair salon to avoid harsh chemicals on your special day and support small-scale, local business.
- Purchase gifts for the wedding party at small, local boutiques. This ensures that your wedding party gets a unique gift showing your appreciation for all of their help and hard work.
- Purchase sustainable wedding favours! A great way to thank people for coming to your wedding is to make a donation in their name to your favorite charity! If you want to give guests something they can take home give edible gifts such as preserves from local businesses and farmers.

### **1 Month Before**

- Apply for the marriage license.
- Plan the rehearsal dinner using fresh, local, in-season foods. Local Source Catering offers the perfect combination of these factors to create a delicious, memorable reception dinner.
- Plan the seating arrangement and develop the place cards. Creating these out of recycled paper is a great option, or you could use the centerpiece to denote where each group is expected to sit.





## Honeymoon

- Why not plan a honeymoon within your own province? We often don't explore and make the most of the places we live and this way you would reduce your carbon footprint from travelling. As an added bonus you would be supporting your local economy!
- If travelling to an exotic location is more your forte then not to worry - this can be done in a conscious way! Choose natural destinations so that you know you are supporting the local economy. Also ensure the products and services you use while on your honeymoon support the local environment (i.e., buying locally made souvenirs).

Checklist ideas are thanks to the following resources:

[www.theperfectweddingguide.com](http://www.theperfectweddingguide.com)  
[www.greenlivingonline.com](http://www.greenlivingonline.com)  
[www.wedding.theknot.com](http://www.wedding.theknot.com)  
[www.thegrassrootsweddingfair.com](http://www.thegrassrootsweddingfair.com)  
[www.treehugger.com](http://www.treehugger.com)  
[www.sustainablepersonalfinance.com](http://www.sustainablepersonalfinance.com)

