

Mind, Body + Spirit  
**fitness**

### GREENER WAYS FOR THE HOLIDAYS; Reusable Bags by BlueAvocado

Just in time for the holidays, [BlueAvocado](#) has created new kits from a new kind of material to help satisfy all of the greenies on your list. BlueAvocado is a mission-driven lifestyle products company that makes it easy to do good while getting it done.



The BlueAvocado gro-pak system is designed to replace environmentally harmful plastic and paper grocery bags, features five separate component bags made of recycled materials. The system replaces 15 plastic bags per shopping trip. Durable, compact and stylish, the gro-pak system meets all your shopping needs – ventilation (for fruits and veggies), insulation (for hot/cold), and collapsibility (for easy sto-n-go).

The BlueAvocado gro-pak system features two “Veg” bags – lightweight, ventilated produce bags; a “Pod” – a collapsible, ultra-light, all-purpose grocery bag; a “Gro” – a sturdy bag with an adjustable strap for shoulder or hand carrying; a “Chil” – an insulated bag that keeps groceries hot or cold for up to three hours; and a “Pak” – a cute carry-all tote that holds and folds the entire system neatly together. All together, the gro-pak system holds up to 100 pounds of groceries. Each BlueAvocado gro-pak component bag also features the world’s first audited “Carbon Impact Label” detailing the carbon emission reduction associated with each trip to the grocery store and plastic bags avoided which can total up to 1000 plastic bags annually.

And as of just recently, these gro-pak kits are now made from a certifiable recycled [REPREVE](#) fabric. Meaning, the gro-pak – collapsible, reusable shopping system – just got greener!



Out for the holidays, BlueAvocado has created [8 kits perfect for gift giving](#).

They have the [holiday cruiser kit](#), which includes a Pak, an insulated Chil bag and two Veg produce bags (\$49.99); the [stocking stuffer kit](#), made up of two Pod stuff ‘n go bags (these are THE PERFECT bag!) and a Veg produce bag (\$19.99); and [six others](#).

The Pod stuff ‘n go is the bag I never leave home without. And I’m not the only one.

Hollywood A-listers like Jenna Elfman, Kate Winslet and Tina Fey are joining the ranks of BlueAvocado fans.