

# Celebrity Vacation: Make Your Anniversary Special With a Vacation Like Sofia Vergara & Joe Manganiello



By [Mara](#)

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[Sofia Vergara](#) and [Joe Manganiello](#) are no strangers when it comes to showing their love for each other. This [celebrity couple](#) became an item in 2014 and married the following year. Most recently, they jetted off to Positano, Italy for a [celebrity vacation](#) to celebrate their five-year dating anniversary. It's important to show your partner how much you love them and to celebrate important dates like Vergara and Manganiello, but how do you make it special?

# Here is how to make your own anniversary with your partner special like Sofia and Joe's celebrity vacation dating anniversary!

Even if you decide not to jet off to Italy like Vergara and Manganiello for your own anniversary with your partner, there are still ways to make it special:

**1. A mini-getaway:** Celebrate your dating anniversary with your partner by whisking them off to the beach for a mini getaway, no matter what time of year. Somewhere along the beach in Virginia or the Carolinas, for example, is surprisingly tame in the off-season and you can't beat some of the great hotel prices. You might not be able to swim outside, but you'll still be able to enjoy a walk on the beach together.

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**2. Take them to a restaurant they've been dying to try:** Has your partner been dying to try a restaurant a few states over because of their excellent ratings? Plan a day to drive them to a restaurant they've always wanted to try, but haven't tried yet because it's either too far or too pricey. If it's a higher-end restaurant, you might want to save for it, but it will be worth it to spend the night dining with your partner.

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**3. Save up for a larger vacation:** Has your partner *really* wanted to travel to Europe, but you've just never had the time or money to travel? Why not save up and go on your anniversary? It can be anywhere in the world—Italy,

France, England, Spain—the possibilities are endless. Just be sure to check travel guidelines in the country you're planning to visit because some may require a tourist travel visa and your passport will need to be valid for so many months before you can enter the country. Flights can be up to \$2000 dollars as well, so you'll want to start planning with a budget that will allow you to cover flight costs as well as lodging and a rental vehicle.

**4. Rent a cabin for the weekend:** If your sweetie is more of the outdoorsy type, renting a cabin for the weekend is a way to have a home away from home. Some cabins will even let you bring your dog(s)! Cozy up by a great fire if it's for winter, or explore activities in the area like hiking or other sight-seeing options.

**5. Take a craft or cooking class:** Nothing brings people together like food or learning a new craft. The options on what kind of craft are endless, from decorative crafts with pottery making or a decorative craft like painting stained glass. Not the best cooks together? A cooking class can help you and your partner learn more about the art of making food, from the basics of putting together a batch of pretzels to cooking your own gourmet meal. No matter what you choose, it's sure to be special, and make you and your partner closer!

**Do you have any other ways you can make your anniversary with your partner special? Let us know in the comments below!**

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## **Food Trend: Top 5 Reasons You**

# Should Eat Imperfect Food



By [Mara](#)

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We've got some fun [food advice](#) for you! Everyone does it—you see a banana turn brown, so you either throw it into the freezer for a smoothie at a later date or it goes straight into the trash because it's no longer perfect. As a society, we have trained ourselves to only look for flawless produce because we perceive it as healthier to consume rather than an apple that is misshapen or two carrots that grew together. For that reason alone, 40% of food grown in the US goes uneaten. A recent [food trend](#) is now encouraging people to eat more imperfect food.

## The latest food trend sheds light

# on a new perspective surrounding imperfect food. Here are five ways avoiding oddly-shaped food can be a bad thing:

**1. It's harder on farmers:** Have you ever grown your own garden? Not every tomato will come out perfect, but would you waste it? Some might have a tiny bit of scarring or may have grown funny. Farmers lose money when there isn't a market for their imperfect produce, which most often rots before it can reach you, the consumer.

**Related Link:** [Food Trend: 5 Best Mocktail Recipes2019](#)

**2. It's bad for the budget:** Have you ever bought green tomatoes for your fried green tomato recipe, but then got upset because it's starting to turn red? Or got upset because your lettuce has wilted? Pause next time before you throw out a fruit or vegetable because it no longer looks perfect. Romaine lettuce, in particular, can be broken from the heart and placed in a cup of water for a few minutes before you put it on a sandwich to help it become firmer. Put your new red tomato on the sandwich too and try to let go of the impression that everything *has* to be perfect for you to eat it.

**Related Link:** [Food Trend: Probiotic Products](#)

**3. Hungry people:** According to research, 30 million Americans go hungry each year. Imagine how many people you could help if you donated imperfect food you don't want to a food bank or a soup kitchen in your area? This way, if you can't bring yourself to eat the scarred fruit or misshapen vegetables, at least donating it will ensure that a struggling family gets to have something nutritious and healthy.

**Related Link:** [Food Trend: Rolled Ice Cream](#)

**4. It hurts the environment:** When perfectly good food ends up being wasted because it doesn't meet certain criteria, you have therefore wasted the resources like water, fertilizer, and cropland. These resources used to grow the food that could have otherwise gone to the farmer's land for something else. Think about this next time you look for the perfect green pepper or onion!

**5. It's contributing to global warming:** Food that ends up in a landfill because it is uneaten adds methane to the air, a greenhouse gas that is 23 times more potent than CO<sub>2</sub>. If you are environmentally conscious and this alarms you, think about how much the effects of rotting food could be reduced if everyone would start eating imperfect food. There would be less waste, fewer people would go hungry, and it would help our agricultural community.

**Are there any other reasons you might want to try eating imperfect food? Do you think you might change the way you shop for produce? Let us know in the comments below!**