

Giving Gifts

Why we care

More manufactured goods are sold between Thanksgiving and Christmas than any other time of the year. This focus on shopping can make the holidays stressful – for humans and the planet. According to one study, four in five people receive unwanted items during the holidays. Alternatives to gift giving can reduce stress, save money, and protect the environment.

Simple, positive change

- **Limit your gift-giving circle.** [Click here](#) to download a Holiday Gift Exemption Voucher. It's a great way to start discussion. Have a large family? Draw names and give to just one person. Or, give gifts to children only.
- **Create a coupon book** for time together, or offers to share skills or services. [Click here](#) to download a template.
- **Give tickets to a concert, play, or sports event.** Museum memberships; lessons such as music, dance, skiing, or cooking; or a gift certificate for a massage or a stay at a bed and breakfast make good gifts.
- **Make a donation** in the name of your recipient to a favorite charity. Check out worthy local groups in the [Give Guide](#).
- **Do you sew, knit, bake, preserve, or propagate plants?** If it's your creation, chances are someone else will enjoy receiving it.
- **Search resale and secondhand shops** for beautiful gifts. Saturday Market and school and church craft fairs are great places to find local, hand-made gifts.
- **Introduce a friend to a favorite waste-saving item** such as a reusable lunch kit, [plastic bag and bottle dryer](#), or cloth napkins.

Questions or feedback? Contact Jeanne Roy at jeanne@earthleaders.org.