

## 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 traditional gift giving can reduce stress, save money, and protect the environment.

### Simple, positive steps

- **Limit your gift-giving circle.** [Click here](#) to download a Holiday Gift Exemption Voucher. It's a great way to start the discussion. Have a large family? Draw names and give to just one person. Or, give gifts to children only.
- Create a book with coupons 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. [Click here](#) for ideas.
- **Do you sew, knit, bake, preserve, or garden?** If you enjoy creating it, chances are someone else will enjoy receiving it.
- Beautiful gifts can be found at **resale and secondhand shops**. Saturday Market, school, and church craft fairs are great places to find local, hand-made gifts. Or, introduce a friend to a favorite waste-saving item such as a reusable lunch kit, water bottle, or cloth napkins.

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